184

SWIM

CANADA

JANUARY 1993

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CALENDAR

January
4-5 World Cup 1, Hong Kong
8-9 World Cup 2, China
8 Snowshoe Invitational, U.of Toronto
8-10 Markham Invitational
Oakville Invitational
Richmond Hill Classic
Kingston Invitational
ROD Invitational, Regina
9-10 Pepsi 'A-B' Meet, Etobicoke
Atlantic Cup
Richmond Hill Classic
15-17 ROW January Cup, Waterloo
UCSC Grand Prix, Calgary
EKSC Blue Bear Inv.Edmonton
23-24 Dollard Invitational
EYSC Open at Toronto
29-31 Ontario Sr.Champs, Etobicoke
Quebec Esso Cup,Ste-Foy
Western Champs, Saskatoon
WOSA B Champs, Guelph
February
5-7 Cindy Nicholas Classic,Scarborough
Killarney Invitational,Calgary
6-7 Ponoka Invitational
6-7 World Cup 3, France
9-10 World Cup 4, Sweden
12-14 Eastern Cup, Nepean
13-14 World Cup 5, Germany
16-17 World Cup 6, Great Britain
19-21 Hamilton Invitational
20-21 ROW Invitational, Waterloo
20-21 World Cup 7, Italy
19-21 HWAC Invitational, Hamilton
24-27 Winter National, Saint John, NB
25-27 UCSC Invitational, Calgary
March
5-7 CIAU Championships, Toronto
Ontario Age Groups, Brantford
Quebec Age Groups, Montreal
Alberta Age Groups, Edmonton
Man/Sask Championships, Winnipeg
6-7 Newmarket Invitational
12-14 Ontario Winter Games,Cornwall
20 Sherbrooke Sprint Challenge
20-21 EKSC White Bear Inv.,Edmonton
OSC 13&Over Inv.,Edmonton
26-28 Lethbridge Invitational
April
2-4 Ajax Invitational, Toronto
3-4 Pepsi Pentathlon, Etobicoke
10-11 8-Nation Youth, Germany
17 Univ.Laval Sprint Challenge,Quebec
16-18 Swim International, Brantford
17-18 Racers/Leduc Invitational
23-25 Atlantic Cup
Division AAA, Nepean
Brock Invitational
29-2 Keyano AG International,Edmonton
30-2 Chinook Invitational, Calgary
May
7-9 Lethbridge Spring Classic
ROW Invitational, Waterloo
14-15 Thornhill Invitational, Calgary
14-16 Dr.R.Hicken Inv. host TOMAC
Nepean Invitational
London Invitational
Quebec Esso Cup, Montreal
21-23 POM Invitational, Montreal
27-30 Youth Championships, Etobicoke
28-30 Guelph Invitational
June
4-6 Nova Scotia Championships
NYAC Youth Cup
12-13 Keyano Senior, Edmonton
17-20 Pepsi AG International
18-20 Moose Jaw Invitational
25-27 HWAC Invitational, Hamilton
Guelph Invitational
Man/Sask Championships, Regina
Kamloops Classic
Guelph Invitational
July
2-4 East Coast Championships
Quebec Esso Cup, Montreal
Ontario Canada Games Trials, Etob.
BC Seniors, Kamloops
8-19 FISU Games, Buffalo

RECORDS

WORLD SHORT COURSE
❑ **Women's 50 free**: 24.75 Franziska Van Almsick, GER, Schwabisch Gmund, Nov.7. Betters previous world best of 24.81 Livia Copariu, ROM, 1989
COMMONWEALTH SHORT COURSE
❑ **Men's 50 free**:
21.99 Mark Foster, ENG, Espoo, Nov. 22
21.87 Mark Foster, ENG, Sheffield, Dec 12
Betters former record of 22.02 by Andrew Baildon, AUS, 1990
NATIONAL AGE GROUP
❑ **Boys 13-14 100 Back**: 58.08 Garret Pulle, MAC, Brantford, Nov.15. Better old record of 58.98 Kris Fisher, MAC, 1991
❑ **Boys 13-14 100 Fly**: 56.89 Garret Pulle, MAC, Brantford, Nov.13. Betters his own previous record of 51.31, 1992.
❑ **Boys 15-17 4x 50 Medley Relay**: 1:45.31 Univ.of Calgary Swim Club. Betters old rec of 1:45.54 by PCSC, 1992
Team composed of:
Chris Renaud 26.78, Russell Patrick 29.43
Craig Keddie 25.82, Delano Ducheck 23.28

1991-92 SHORT COURSE ANNUAL
A publication of the
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N.J.Thierry, *Editor & Publisher*
Patricia Young, *Features Editor*
Photography: Marco Chiesa, Patty Young, Toronto
All-Sport, Los Angeles
Computer programs for TAG
developed by Advantage Software
SWIM Canada Magazine established in 1974
Published ten times yearly. Contents copyright ©

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Subscription rates: Canada **$30** yearly
Foreign (air mailed) $65. Single issues $3.00
All subscriptions include **7%** Federal GST
International Standard Serial Number
ISSN 0319-0560
Publications Mail Registration no.3534
Gateway Postal Facility, Mississauga.
Editorial Offices:
SWIM Canada Magazine,
402 King Street East, Toronto, Ontario,
M5A 1L3, CANADA Tel:(416) 368-2606

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JANUARY 1993
Volume 20, Number 1
Consecutive Number 184

COVER

Nathalie Giguère, 19, Rouge et Or, Univ.Laval, coached by Benoit Lebrun. Finished 6th in the final of the 200 breaststroke at the Barcelona Olympics. Commonwealth Games gold medallist in same event in 1990.

Career Highlights 1989-92 200 breaststroke

Year	Event		
1989	Winter Natls	2:29.36 sc	silver
	Summer Natls	2:32.61 lc	GOLD
	Pan Pacs	2:32.12 lc	silver
	Comm.Trials	2:31.40 lc	GOLD
1990	Comm.Games	2:32.16 lc	GOLD
	Winter Natls	2:29.08 sc	GOLD
	Summer Natls	2:31.07 lc	GOLD
1991	Winter Natls	2:29.03 sc	silver
	Summer Natls	2:33.33 lc	GOLD
1992	Winter Natls	2:29.61 sc	GOLD
	Olympic Trials	2:32.53 lc	silver
	Olympic Games	2:30.11 lc	6th final

LET'S PUT THE SWIMMERS FIRST

Earlier this year I returned home to South Africa for the first time in 20 years. To be reunited with family and friends was a powerful, moving and emotional experience. One of the most pleasing experiences of my tour was meeting former swimmers who had become successful in various fields of endeavour. I was more than flattered to hear them attribute their happiness and success to what they learned as competitive swimmers. One of them, a highly respected Johannesburg city councillor said that swimming had taught him the value of team participation, self-discipline, persistence and hard work.

Although unexpected I found his comments gratifying because they made me feel I had done more for him than merely teach him to swim fast. I was also surprised to hear his praise, because in recent years, I had come to view myself as having been somewhat of an authoritarian coach, to use today's sports psychology parlance. His comment, although welcomed, surprised me and made me think.

I asked myself, "Had I really been a sort of latter day captain Bligh or had I just insisted on maintaining discipline?" I remembered too, having taught the swimmers that, in the final criterion, the best form of discipline is self-discipline, but if they insisted on acting like babies I would treat them like babies. Once they showed respect for the team and what they were trying to achieve, I would treat them as adults. This approached seemed to work.

Analysis of my former leadership style led me to think about the tremendous influence coaches, administrators and other leaders in the sport wield over developing swimmers. In the last 20 years, the growth of the national development program concept, has in some respects, made it easy to lose sight of the fact that the overall welfare of each swimmer is a very important responsibility.

Too often we find that many people in our society carry a great deal of unprocessed distress because they have been the subjects of oppressive educational methods from the earliest years—both at home and at school—where their needs and rights as embryonic persons have not been fully honoured or realised. In competitive swimming, they may have learned to swim fast and even become champions, but, in the process, had been subjected to a coach or parent's poor control of anger and demeaning use of criticism. So, what should have been an enjoyable and educational experience became, in effect, a trial by fire.

One result of this oppression is that in later years they lack certain basic human skills; skills in handling their own feelings, skills in interacting with other people, skills in self direction and collective decision making. In these instances, there obviously has been a gross deficiency in the range and depth of their education and training.

I believe that, in the midst of learning stroke techniques, the principles of training and race strategies, etc. there is need for certain other important learning objectives, if we are to succeed in our task of developing a swimmer's full human potential and use the sport as a form of leisure time education. We need to show the swimmer how to become autonomous and self directed.

I see this process as a three stage cycle of development consisting of direct leadership (or hierarchy and control) in the first instance, then gradually leading to cooperation between coach and swimmers, and more autonomy and delegation and scope for the team later on.

A clear hierarchical framework is needed as the coach outlines the principles in the various swimming disciplines. This phase assumes that the swimmers do not yet have the confidence or sense of complete independence to function with complete effectiveness without the direct control or intervention by the coach. At this stage, it is tacitly assumed that the coach will make all the decisions for the team until a certain level of competence is gained.

Gradually a stage is reached in which the open collaboration of the team members is sought in handling the learning process. The swimmers learn what is expected of them. They learn the basics of the curriculum and they help the coach to co-operatively guide their learning activities. They learn to help each other and in the process learn to orient themselves to new knowledge and skills. By learning and building confidence in performing certain skills and routines, they become able to come up with suggestions on how future learning should proceed. This is known as the cooperative phase.

Once team members have developed considerable confidence in implementing the instruction they have received, they clearly have acquire a large amount of knowledge and skill. Now they are ready to enter the autonomous mode in which they will be able to direct much of their own learning. The entry into the autonomous or self directed phase of learning can occur in two ways. Either the coach may give the authority to the team in a hierarchical fashion or the coach may negotiate the transfer in cooperation.

However autonomy can be seized from the coach by the group should the coach fail to exert his overall authority as leader of the team. There is also a difference between group autonomy and individual autonomy. This may cause conflict in which one team member may conflict with the consensus choice of other self directing peers. The point is that the group autonomy does not necessarily guarantee the autonomy of everyone of its peers. Therefore the final controlling authority of the coach should not be abdicated. The main point of developing and leading a team to a certain level of autonomy is to develop a self-containment and sense of self-reliance in each individual team mem-

ber. This, in itself, is a most desirable educational objective .

(In his next article Cecil Colwin will deal with other important aspects of coaching leadership.)

We are pleased that Cecil Colwin has agreed to write a monthly column.

A swimming coach since 1945, Cecil Colwin is considered one of the world's foremost authorities on competitive swimming. His teaching has influenced swimmers on three continents. He has particpated in every phase of swimming-from pioneering swimming training in South Africa and coaching national and international level swimmers, to researching vortex flow circulations in human swimming propulsion. He is the author of ***Swimming Into the 21st Century.***

A former national technical director of the Canadian swimming, Colwin was instrumental in researching, designing, and implementing the Canadian National Appretiship Program for training coaches in all sports, including competitve swimming. In 1985 and 1986 he received the American Swimming Coaches Association's certificate of excellence for outstanding coaching achievement in the US. He is founder of the Cecil Colwin International Swim Camps, a leading stroke clinic and training experience for swimmers and coaches from many countries. Colwin has authored scores of articles and papers related to competitive swimming and continues to act as a consultant to administrators, coaches and swimmers world wide.

Cecil Colwin was inducted in the International Swimming Hall of Fame this past year.

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DRYDEN AND VonRICHTER BEST IN THE EAST AMEY AND CLEVELAND LOOK GOOD IN THE WEST

Whatever happened to the glory days of the Canada Cup? Years ago it was one of the premiere meets on the Canadian swimming calendar. Teams from all over the world came to compete.

With the meet divided into two divisions, East and West the interest and enthusiasm for the meet has been divided in two also.

Splitting the Canada Cup has deprived Canada of one of the best head to head meets of the season.

And because of the split the meet has lost the status it once had. Even as recently as five years ago the Australians made Canada a regular stop on their competition schedule just to race in this meet.

Now some Olympic team swimmers ignored it but showed up at the Youth Cup the next weekend. So much for the big show.

But for the people who decided to pull on their Speedo and compete, the two meets were a good gage of who is getting an early start on the next four year cycle.

Owen VonRichter, PEPSI Marco Chiesa

The Canada Cup East meet was a showcase for the new generation of Canada's Olympic hopefuls. Christine Harris of East York SC won the 50 and 100 backstrokes. Her time of 26.50 for the 50 back was the best swim of the meet.

The rest of the women's events were dominated by Olympic team members.

The Island swim club from Victoria B.C. made the trip east to compete in both the Eastern Canada Cup as well as the Youth Cup the following weekend. It was a meet that they took seriously. Olympic backstroker Nikki Dryden, is making her mark in the freestyle events as international opportunities are much better in the 400-800.

UNB's Iona Allen, 100 fly winner Marco Chiesa

Dryden won the 200, 400 and 800 freestyles. Her time in the 800 free of 8:37.80 was a solid performance. Teammates, Susan Weckend and Allison Barriscale, placed 1-2, respectively, in the 200 backstroke.

"It's nice coming out here," Dryden said. "I'm still a little tired after the Olympics. I want to keep swimming though."

Etobicoke PEPSI's Owen Von Richter won four golds (200, 400 free and 200, 400 individual medley.) and a silver in the 200 butterfly. The 17 year-old is one of the better prospects for an international team in 1993.

Cross-town rival, Liam Weseloh of NYAC, picked up double golds in the 800 and 1500 freestyles. Weseloh and Von Richter have been dominating the Ontario age group freestyle scene for years. The time for them to take move to the top of the podium on the national scene is at hand.

"These meets are a good chance for the swimmers to test theselves," Mike Gurgol, coach of NYAC, said. "A meet like this, and having it at this time of year gets the kids focused for the next four year swimming cycle coming up.

"I'm pretty happy with the way Liam has been swimming. Those wins have to help his training and racing."

One of the most interesting duals of the meet was the 50 free and 50 butterfly events. Marcel Gery and his best friend Vlastimil Cerny each picked up a win. Cerny retired from swimming a few years ago. He was still on the deck, but as a coach, not a swimmer. Last year his name started showing up at meets again.

"I like racing," Cerny said. "It was really fun beating Marcel in the 50 free the other night.

"He got me in the fly. I keep changing hats. I come to these meets and coach and then I swim. It's really fun."

Cerny was also the winner of the 50 free at the Canada Cup West meet, which was held the previous weekend. That meet was more like an Alberta provincial championship than a Canada Cup. The University of Calgary dominated the entire meet.

The Canada Cup was once a terrific forum for Canadian swimmers to test their mettle against some of the best swimmers in Canada and the world.

Plans are underway to consolidate the meets in one location each for the winter and summer. There is also the possibility of some funds. (Up to $15.00 for each meet) to help attract better competition.

PEPSI CANADA CUP EAST
Etobicoke, Dec 4-6 (25 M)

MEN

50 METRES FREESTYLE
1 23.22 Vlastimil Cerny,CASC
2 23.44 Marcel Gery,NYAC
3 24.05 Brad Johnson,BTSC

100 METRES FREESTYLE
1 51.21 Frank Samel,PEPSI
2 51.76 Martin Hebert,LAV
3 52.15 Hebert Henry,LAV

200 METRES FREESTYLE
1 1:51.52 Owen VonRichter,PEPSI
2 1:52.38 Frank Samel,PEPSI
3 1:54.18 David Chisholm,LU

400 METRES FREESTYLE
1 3:56.03 Owen VonRichter,PEPSI
2 3:56.19 Jeremy Sparrow,BOSS
3 3:58.45 David McLellan,LAC

1500 METRES FREESTYLE
1 15:36.77 Liam Weseloh,NYAC
2 15:45.08 Alex Leduc,REOR
3 15:46.83 David McLellan,LAC

100 METRES BACKSTROKE
1 56.64 Francois Gravel,LAV
2 58.24 Kris Fisher,MAC
3 58.46 Ken McDonald,CASC

200 METRES BACKSTROKE
1 2:02.46 Francois Gravel,LAV
2 2:04.84 Nicolas Perron,REOR
3 2:06.32 Ken McDonald,CASC

100 METRES BREASTSTROKE
1 1:04.66 Jonathan Banville,LAV
2 1:04.97 Stewart Cowan,EYSC
3 1:05.53 Francis Montreuil,LAV

200 METRES BREASTSTROKE
1 2:21.17 Vaughn Thompson,PEPSI
2 2:22.28 Francis Montreuil,LAV
3 2:25.81 Peter Simovic,OAK

50 METRES BUTTERFLY
1 25.21 Marcel Gery,NYAC
2 25.33 Vlastimil Cerny,CASC

100 METRES BUTTERFLY
1 55.37 Marcel Gery,NYAC
2 56.93 Jonathan McLeod,ROD
3 56.97 Martin Hebert,LAV

200 METRES BUTTERFLY
1 2:03.93 Jonathan McLeod,ROD
2 2:04.78 Owen VonRichter,PEPSI
3 2:05.79 Frank Samel,PEPSI

200 METRES IND.MEDLEY
1 2:04.67 Owen VonRichter,PEPSI
2 2:05.32 Darren Ward,NYAC
3 2:06.73 Jonathan McLeod,ROD

400 METRES IND.MEDLEY
1 4:27.01 Owen VonRichter,PEPSI
2 4:28.61 Stephen Baird,GO
3 4:30.00 Jonathan McLeod,ROD

4X100 M MEDLEY RELAY
1 3:50.98 Univ.Laval,LAV
2 3:53.68 Pepsi Swimming,PEPSI
3 3:55.09 Rouge et Or B,REOR

4X50 M FREE RELAY
1 1:34.08 Rouge et Or,REOR
2 1:35.78 Cascade SC,CASC
3 1:36.00 Pepsi Swimming,PEPSI
4 1:36.29 New Brunswick,UNB

4X100 M FREE RELAY
1 3:30.95 Pepsi Swimming,PEPSI
2 3:31.97 New Brunswick,UNB

WOMEN

50 METRES FREESTYLE
1 26.60 Julie Howard,BRANT
2 26.72 Emily Smith,USA
3 26.96 Carmen Kondra,PEPSI

100 METRES FREESTYLE
1 57.48 F Emily Smith,USA
2 57.74 F Julie Howard,BRANT
3 57.76 Patricia Levesque,REOR

200 METRES FREESTYLE
1 2:02.48 Nikki Dryden,IS
2 2:02.88 Michelle Killins,PEPSI
3 2:04.32 C. Truscher,USA

400 METRES FREESTYLE
1 4:14.10 Nikki Dryden,IS
2 4:16.46 Stephanie Richardson,NYAC
3 4:18.02 Michelle Killins,PEPSI

800 METRES FREESTYLE
1 8:37.80 Nikki Dryden,IS
2 8:52.13 C. Truscher,USA
3 9:01.67 Shelby Brown,BOSS

50 METRES BACKSTROKE
1 29.50 Christine Harris,EYSC
2 29.59 Julie Howard,BRANT

100 METRES BACKSTROKE
1 1:02.37 Christine Harris,EYSC
2 1:02.82 Julie Howard,BRANT
3 1:03.35 Suzanne Weckend,IS

200 METRES BACKSTROKE
1 2:13.56 Suzanne Weckend,IS
2 2:14.81 Allison Barriscale,IS
3 2:16.21 Christine Harris,EYSC

50 METRES BREASTSTROKE
1 32.99 Guylaine Cloutier,UDM

100 METRES BREASTSTROKE
1 1:10.79 Guylaine Cloutier,UDM
2 1:11.64 Nancy Sweetnam,LU
3 1:13.11 Chantal Dubois,REOR

200 METRES BREASTSTROKE
1 2:29.99 Guylaine Cloutier,UDM
2 2:36.47 Chantal Dubois,REOR
3 2:38.76 Nathalie Giguere,REOR

100 METRES BUTTERFLY
1 1:03.54 Iona Allen,UNB
2 1:03.72 Kelly Stevens,PEPSI
3 1:04.79 Patricia Levesque,REOR

200 METRES BUTTERFLY
1 2:17.84 Kelly Stevens,PEPSI
2 2:17.89 Sheila Hewerdine,LAC
3 2:19.30 Iona Allen,UNB

200 METRES IND.MEDLEY
1 2:16.72 Nancy Sweetnam,LU
2 2:20.24 Allison Barriscale,IS
3 2:20.97 Guylaine Cloutier,UDM

400 METRES IND.MEDLEY
1 4:46.26 Nancy Sweetnam,LU
2 4:53.58 Nikki Dryden,IS
3 4:56.78 Julie Howard,BRANT

4X100 M MEDLEY RELAY
1 4:21.53 Pepsi Swimming,PEPSI
2 4:25.35 East York SC,EYSC
3 4:27.11 Rouge et Or,REOR

4X50 M FREE RELAY
1 1:48.50 Pepsi Swimming,PEPSI
2 1:50.53 Rouge et Or,REOR
3 1:51.91 Island Swimming,IS
4 1:52.76 East York SC,EYSC

4X100 M FREE RELAY
1 3:58.67 Badger SC,USA
2 4:01.43 Pepsil Swimming,PEPSI

CANADA CUP WEST
Calgary, Nov.27-29 (25 M)

MEN

50 METRES FREESTYLE
1 23.04 Vlastimil Cerny,CASC
2 23.24 Steven VanderMeulen,UCSC
3 23.83 Magnus Ronnevall,SWE

100 METRES FREESTYLE
1 51.62 Steven VanderMeulen,UCSC
2 51.77 Robbie McFarlane,CAL
3 51.86 Magnus Ronnevall,SWE

200 METRES FREESTYLE
1 1:51.07 Curtis Myden,CAL
2 1:52.32 Turlough O'Hare,UBC
3 1:52.86 Sean Swain,UCSC

400 METRES FREESTYLE
1 3:57.19 Robbie McFarlane,CAL
2 4:00.31 Turlough O'Hare,UBC
3 4:01.62 Sean Swain,UCSC

1500 METRES FREESTYLE
1 15:57.10 Turlough O'Hare,UBC
2 16:08.80 Brett Creed,PDSA
3 16:09.34 John McArthur,UBC

50 METRES BACKSTROKE
1 26.51 Chris Renaud,UCSC

100 METRES BACKSTROKE
1 56.65 Chris Renaud,UCSC
3 57.68 Jeff Welechuk,ALB
3 57.99 Paul Hughes,UBC

200 METRES BACKSTROKE
1 2:02.25 Chris Renaud,UCSC
2 2:02.34 Curtis Myden,CAL
3 2:02.82 Mark Versfeld,EKSC

50 METRES BREASTSTROKE
1 28.88 Jon Cleveland,CAL

100 METRES BREASTSTROKE
1 1:02.41 Jon Cleveland,CAL
2 1:04.68 Russell Patrick,UCSC
3 1:06.07 Clinton Stevens,UCSC

200 METRES BREASTSTROKE
1 2:14.99 Jon Cleveland,CAL
2 2:20.93 Curtis Myden,CAL
3 2:23.66 Russell Patrick,UCSC

50 METRES BUTTERFLY
1 25.27 Vlastimil Cerny,CASC

100 METRES BUTTERFLY
1 56.94 Gary VanderMeulen,UCSC
2 57.47 Jonathan McLeod,ROD
3 57.70 Vlastimil Cerny,CASC

200 METRES BUTTERFLY
1 2:03.65 Robbie McFarlane,CAL
2 2:05.80 Jonathan McLeod,ROD
3 2:08.06 Ken McDonald,CASC

200 METRES IND.MEDLEY
1 2:02.14 Curtis Myden,CAL
2 2:05.12 Russell Patrick,UCSC
3 2:06.14 Robbie McFarlane,CAL

400 METRES IND.MEDLEY
1 4:29.34 Jaret Abel,ALB
2 4:29.54 Sean Swain,UCSC
3 4:30.02 Russell Patrick,UCSC

4X100 M MEDLEY RELAY
1 3:48.58 Univ.Calgary SC,UCSC
2 3:51.42 Univ.Calgary SC B,UCSC
3 3:54.26 Univ.Calgary SC C,UCSC

4X50 M FREE RELAY
1 1:33.37 Univ.Calgary SC,UCSC
2 1:36.67 Cascade SC,CASC
3 1:39.64 Edmonton Keyano,EKSC

4X100 M FREE RELAY
1 3:26.94 Univ.Calgary SC,UCSC
2 3:27.58 Univ.Calgary SC B,UCSC
3 3:32.30 British Columbia,UBC

WOMEN

50 METRES FREESTYLE
1 26.20 Jessica Amey,UCSC
2 26.49 Shannon Shakespeare,MM
3 26.70 Lori Melien,CAL

100 METRES FREESTYLE
1 57.79 Shannon Shakespeare,MM
2 58.37 Lori Melien,CAL
3 58.49 Sarah Evanetz,PDSA

200 METRES FREESTYLE
1 2:05.34 Tanya Tighe,VIC
2 2:06.84 Sherry Sanders,UCSC
3 2:07.34 Tara Fullbrandt,EKSC

400 METRES FREESTYLE
1 4:25.40 Tanya Tighe,VIC
2 4:26.69 Melissa Knox,PDSA
3 4:30.32 Tara Fullbrandt,EKSC

800 METRES FREESTYLE
1 9:01.97 Melissa Knox,PDSA
2 9:07.77 Tanya Tighe,VIC
3 9:21.65 Joanne Radke,UCSC

100 METRES BACKSTROKE
1 1:04.52 Kathy Monar,CAL
2 1:04.67 Anne Barnes,UBC
3 1:04.87 Jessica Amey,UCSC

200 METRES BACKSTROKE
1 2:18.12 Kathy Monar,CAL
2 2:22.07 Anne Barnes,UBC
3 2:23.51 Glencora Maughan,PDSA

100 METRES BREASTSTROKE
1 1:13.52 Dionne Dallas,UCSC
2 1:14.66 Shannon Shakespeare,MM
3 1:14.95 Rae Abbott,HYACK

200 METRES BREASTSTROKE
1 2:37.22 Rae Abbott,HYACK
2 2:40.59 Dionne Dallas,UCSC
3 2:42.48 Sarah Matthews,PDSA

50 METRES BUTTERFLY
1 28.06 Jessica Amey,UCSC

100 METRES BUTTERFLY
1 1:03.33 Jessica Amey,UCSC
2 1:03.80 Debbie Gaudin,ALB
3 1:04.93 Lori Melien,CAL

200 METRES BUTTERFLY
1 2:20.49 Debbie Gaudin,ALB
2 2:20.88 Maria Gaudin,ALB
3 2:24.29 Lori Eshom,CASC

200 METRES IND.MEDLEY
1 2:23.25 Anne Barnes,UBC
2 2:23.79 Shannon Bell,PDSA
3 2:24.45 Dionne Dallas,UCSC

400 METRES IND.MEDLEY
1 5:13.19 Maria Gaudin,ALB
2 5:16.73 Tara Seymour,ALB
3 5:16.84 Colleen Hnatiuk,ALB

4X100 M MEDLEY RELAY
1 4:22.08 Univ.Calgary SC,UCSC
2 4:30.28 Univ.Alberta,ALB

4X50 M FREE RELAY
1 1:47.62 Univ.Calgary SC,UCSC
2 1:50.19 Pacific Dolphin SA,PDSA
3 1:51.08 Regina Opt.Dolphins,ROD

4X100 M FREE RELAY
1 3:57.85 Univ.Calgary SC,UCSC
2 4:02.60 Univ.Alberta,ALB
3 4:08.93 British Columbia,UBC

NEW WAVE

FOR THE LOVE OF SPORT

If you think that running a successful swim club means big name coaches and big teams, think again.

The Uxbridge Swim Club is proof that dedication and commitment to technique and the swimmers are the cornerstones of a sound swim program.

Uxbridge is a typical small southern Ontario town with a population of 45,000. The swim club is run by Dr. Terry Bryon and his wife Mary. Bryon is a physician, a former swimmer and has travelled to three swimming world championship as the Canadian team doctor.

"We started our program six or seven years ago," Bryon said. "It got to the point where my four children were showing an interest in swimming so we decided to start a competitive program. We looked for a coach but the people we found we couldn't afford. So I took over with Mary's help.

"Most towns our size don't even have a swimming pool. We were fortunate to have one, but we're still dealing with a limited talent pool and limited resource. We've had to keep the program affordable to get the talent in the pool. I'm very concerned that swimming is becoming inaccessible to a lot of young people because of the cost."

Six years ago USC was a recreational program. Today they have 70 people in the program from novice to national qualifiers.

USC finished eighth at Youth Nationals with only a handful of swimmers. Last year was the first time the club had a national qualifier. This year Bryon expects four to make the cut. Two of his swimmers were chosen for the provincial all-star team that went to Far Westerns in San Francisco.

Top prospect Marsha Clouthier, 14, Uxbridge SC Marco Chiesa

Bryon somehow manages to squeeze running a swim program into his tightly packed day.

"It consumes most of my spare and leisure time," he said. "I don't golf. My holidays are taken up by national team or swim team travel.

"I wouldn't be doing it if I didn't feel that we were giving something back to the kids. At some level I think swimming is losing sight of that.

"I can see that we have given back to the kids and the community. And the community is pleased with the quality of the young people in the program. It has been great to see them develop. You can't just be trying to build national qualifiers and Olympic team members.

"There are many people who will never achieve that level and will still take a lot way from the sport."

Bryon believes that the first step is getting the kids in the pool. What you do with the talent is the next step.

"We tried to work slowly and progressively with our age group program. Our 10 & unders don't swim more than three times a week. We try not to burn them out. I see more and more distance being done. USC is on the side of doing less and keeping our kids interested and enthused.

"Some people with longer term vision are being lost to the sport. There is a tremendous turnover. You need a long term perspective. Professional coaching has done a lot for swimming, but some small programs are paying too much for coaching fees when perhaps they could work out alternatives.

"There is a place for the part-time coach who has an expertise in swimming in smaller programs. We need people who do it for the love of the sport.

"Our club mission statement is '*To provide the opportunity for the pursuit of excellence in swimming through competition, leadership and fitness.*'

"The means to those ends are a valuable experience in itself. The level of achievement with vary for each individual. To try to get six swimmers to nationals if I only have four with the potential, could make it a very frustrating experience for the others. In the right environment they can achieve. I try and challenge people to fulfil their potential and for each one that is different.

"I ask each to set their own goals, short medium and long term. As each one matures and grows those goals are adjusted.

"The challenge is keeping up to the swimmers needs and stay just ahead of them. The science of coaching is a challenge in itself.

"We train less than 10 hours a week, including dry land and most of our workouts are not more than 5,000 metres. We only swim 2 times a day once a week.

" I don't have enough hours in a day to waste overtraining. I believe in respecting the swimmers time and not wasting it. I think the most effective use of their time is learning to swim efficiently.

"The most difficult part of coaching is finding the most efficient way to swim and imparting that knowledge. Traditionally a lot of the over-distance programs claim that if you swim enough, eventually you'll end up with a good stroke.

"I think for every person that develops efficient stroke mechanics with over-distance you either burnt out or injured 10 others. It makes much more sense to *teach* the efficient stroke. You run a much lower chance of injury; you'll enjoy the sport more; you'll be more satisfied by your results for the time you've put in. "

Bryon has built a successful club by making each swimmer strive for what they can achieve as individuals. He is as much concerned with the lessons they will take with them from the sports as he is with how many accolades and medals they win.

You can't help but believe, by just seeing the time and commitment Bryon and his wife put into the club, that USC swimmers are learning valuable life lessons by example.

ATTENTION:

COACH OR EQUIPMENT MANAGER

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INTERNATIONAL

OPTREX CHAMPIONSHIPS
Sheffield, Dec 10-13 (25 M)
MEN
50 METRES FREESTYLE
21.87 Mark Foster,GBR
22.71 Chris Humpreys,GBR
22.81 Martin Carl,GBR
100 METRES FREESTYLE
49.17 Mark Foster,GBR
49.96 Martin Carl,GBR
50.07 John Bradley,GBR
200 METRES FREESTYLE
1:47.48 Paul Palmer,GBR
1:47.71 Martin Carl,GBR
1:48.27 Paul Howe,GBR
400 METRES FREESTYLE
3:53.59 Paul Palmer,GBR
3:53.76 Stephen Akers,GBR
3:54.17 Ian Wilson,GBR
1500 METRES FREESTYLE
15:01.63 Ian Wilson,GBR
15:16.57 Stephen Akers,GBR
15:18.53 Graeme Smith,GBR
50 METRES BACKSTROKE
25.45 Martin Harris,GBR
100 METRES BACKSTROKE
54.68 Martin Harris,GBR
55.55 Adam Ruckwood,GBR
56.32 James Fleet,GBR
200 METRES BACKSTROKE
1:57.75 Adam Ruckwood,GBR
1:58.11 Martin Harris,GBR
1:58.92 James Fleet,GBR
50 METRES BREASTSTROKE
28.26 Jason Hender,GBR
28.41 James Parrack,GBR
100 METRES BREASTSTROKE
1:01.49 James Parrack,GBR
1:01.53 Nick Gillingham,GBR
1:01.72 Jason Hender,GBR
200 METRES BREASTSTROKE
2:12.84 Nick Gillingham,GBR
2:14.18 Alex Clapper,GBR
2:14.21 Jason Hender,GBR
50 METRES BUTTERFLY
24.13 Mark Foster,GBR
24.96 Mark Jones,GBR
100 METRES BUTTERFLY
55.09 Mark Foster,GBR
55.16 Mark Jones,GBR
55.24 John Bradley,GBR
200 METRES BUTTERFLY
1:59.79 James Hickman,GBR
2:00.70 Michael Hooper,GBR
2:01.19 David Warren,GBR
200 METRES IND.MEDLEY
2:01.27 Fraser Walker,GBR
2:01.58 Grant Robins,GBR
2:02.23 James Hickman,GBR
400 METRES IND.MEDLEY
4:16.63 Grant Robins,GBR
4:19.96 David Warren,GBR
4:20.56 Michael Hooper,GBR
4X100 M MEDLEY RELAY
3:44.78 Birmingham,GBR
3:45.26 City of Leeds,GBR
3:50.46 Barnet Copthall,GBR
4X100 M FREE RELAY
3:24.22 City of Leeds,GBR
3:26.48 City of Cardiff,GBR
3:26.54 Barnet Copthall,GBR
4X200 M FREE RELAY
7:23.11 City of Leeds,GBR
7:31.44 Portsmouth,GBR
7:31.61 Birmingham,GBR
WOMEN
50 METRES FREESTYLE
25.79 Karen Pickering,GBR
26.30 Maxine Lock,GBR
26.39 Nicola Goodwin,GBR
100 METRES FREESTYLE
55.44 Karen Pickering,GBR
56.94 Sharron Davies,GBR
57.23 Claire Huddart,GBR
200 METRES FREESTYLE
2:00.04 Karen Pickering,GBR
2:02.15 Sarah Hardcastle,GBR
2:03.28 Claire Huddart,GBR
400 METRES FREESTYLE
4:12.28 Sarah Hardcastle,GBR
4:13.46 Victoria Hale,GBR
4:14.99 Marie Hardiman,GBR
800 METRES FREESTYLE
8:41.36 Sarah Hardcastle,GBR
8:46.72 Samantha Foggo,GBR
8:48.73 Susan Colling,GBR
100 METRES BACKSTROKE
1:02.43 Helen Slatter,GBR
1:02.47 Katharine Read-Osher,GBR
1:03.25 Zoe Cray,GBR
200 METRES BACKSTROKE
2:11.58 Joanne Deakins,GBR
2:12.56 Katharine Read-Osher,GBR
2:13.53 Helen Slatter,GBR
50 METRES BREASTSTROKE
31.66 Zoe Baker,GBR
100 METRES BREASTSTROKE
1:10.12 Lynsey Rogers,GBR
1:10.15 Zoe Baker,GBR
1:10.34 Karen Rake,GBR
200 METRES BREASTSTROKE
2:31.97 Marie Hardiman,GBR
2:32.71 Jaime King,GBR
2:33.98 Sharlene Brown,IRL
50 METRES BUTTERFLY
28.39 Sharron Davies,GBR
100 METRES BUTTERFLY
1:02.24 Sharron Davies,GBR
1:02.27 Nicola Goodwin,GBR
1:03.07 Samantha Greenep,GBR
200 METRES BUTTERFLY
2:15.71 Helen Slatter,GBR
2:17.19 Gayle Holland,GBR
2:18.46 Victoria Hale,GBR
200 METRES IND.MEDLEY
2:16.04 Helen Slatter,GBR
2:17.89 Dawn Palmer,GBR
2:18.06 Susan Rolph,GBR
400 METRES IND.MEDLEY
4:45.75 Helen Slatter,GBR
4:47.89 Marie Hardiman,GBR
4:50.50 Dawn Palmer,GBR
4X100 M MEDLEY RELAY
4:17.26 Nova Centurion,GBR
4:21.50 Barnet Copthall,GBR
4:21.53 City of Bristol,GBR
4X100 M FREE RELAY
3:51.28 Nova Centurion,GBR
3:54.51 Portsmouth,GBR
3:57.33 City of Cardiff,GBR
4X200 M FREE RELAY
8:25.78 Portsmouth,GBR
8:26.62 City of Leeds,GBR
8:28.15 Nova Centurion,GBR

SWEDISH CHAMPIONSHIPS
Norrkoping, Dec 11-13 (25 M)
MEN
50 METRES FREESTYLE
22.32 Joakim Holmqvist,SWE
22.79 Jan Karlsson,SWE
22.94 Christer Wallin,SWE
100 METRES FREESTYLE
49.10 Tommy Werner,SWE
49.20 Fredrik Letzler,SWE
49.40 Joakim Holmqvist,SWE
200 METRES FREESTYLE
1:46.66 Anders Holmertz,SWE
1:48.70 Lars Frolander,SWE
1:48.98 Christer Wallin,SWE
400 METRES FREESTYLE
3:49.54 Anders Holmertz,SWE
3:51.39 Christer Wallin,SWE
3:53.98 Jonas Lundstrom,SWE
1500 METRES FREESTYLE
15:18.29 Jonas Lundstrom,SWE
15:22.20 Ola Stromberg,SWE
15:41.00 Marcus Ahlstrom,SWE
50 METRES BACKSTROKE
25.53 Rudi Dollmayer,SWE
25.85 Zsolt Hegmegi,SWE
100 METRES BACKSTROKE
55.42 Rudi Dollmayer,SWE
55.47 Daniel Lonnberg,SWE
55.60 Zsolt Hegmegi,SWE
200 METRES BACKSTROKE
1:59.29 Par Gustavsson,SWE
2:00.69 Daniel Lonnberg,SWE
2:01.36 Tobias Marklund,SWE
100 METRES BREASTSTROKE
1:03.46 Peter Haraldsson,SWE
200 METRES BREASTSTROKE
2:15.55 Mikael Alpfors,SWE
2:16.28 Magnus Classen,SWE
2:17.38 Jan Bjork,SWE
50 METRES BUTTERFLY
23.86 Jan Karlsson,SWE
24.68 Jonas Akesson,SWE
24.86 Rudi Dollmayer,SWE
100 METRES BUTTERFLY
54.03 Lars Frolander,SWE
54.15 Jan Karlsson,SWE
54.89 Jonas Logdberg,SWE
200 METRES BUTTERFLY
2:00.65 Gustav Johansson,SWE
2:00.87 Jonas Logdberg,SWE
2:01.02 Mats Rasmusson,SWE
100 METRES IND.MEDLEY
56.90 Anders Holmertz,SWE
200 METRES IND.MEDLEY
2:01.67 Anders Holmertz,SWE
2:03.09 Daniel Karlsson,SWE
2:05.05 Bjorn Moller,SWE
400 METRES IND.MEDLEY
4:18.86 Daniel Karlsson,SWE
4:19.97 Fredrik Lundin,SWE
4:26.88 Bjorn Moller,SWE
4X100 M MEDLEY RELAY
3:44.24 Karlskrona,SWE
3:46.81 Sparvagen,SWE
3:47.18 Sodertalje,SWE
4X100 M FREE RELAY
3:18.80 Karlskrona,SWE
3:19.77 Borlange,SWE
3:22.80 Jonkoping,SWE
WOMEN
50 METRES FREESTYLE
25.03 Linda Olofsson,SWE
25.71 Louise Karlsson,SWE
26.21 Ellenor Svensson,SWE
100 METRES FREESTYLE
55.29 Linda Olofsson,SWE
56.16 Ellenor Svensson,SWE
56.92 Malin Ulveklint,SWE
200 METRES FREESTYLE
2:01.22 Malin Nilsson,SWE
2:02.88 Annika Rasmusson,SWE
2:03.59 Ellenor Svensson,SWE
400 METRES FREESTYLE
4:12.92 Malin Nilsson,SWE
4:19.35 Ann-S. Jonsson,SWE
4:19.89 Cecilia Kentell,SWE
800 METRES FREESTYLE
8:35.89 Malin Nilsson,SWE
50 METRES BACKSTROKE
29.63 Therese Lundin,SWE
100 METRES BACKSTROKE
1:03.43 Theresa Alshammar,SWE
200 METRES BACKSTROKE
2:15.40 Annika Rasmusson,SWE
2:18.77 Veronika Svensson,SWE
2:18.89 Anna-Lena Nilsson,SWE
50 METRES BREASTSTROKE
31.52 Louise Karlsson,SWE
100 METRES BREASTSTROKE
1:09.20 Louise Karlsson,SWE
1:10.85 Anna Rosengren,SWE
1:11.54 Anna Jensen,SWE
200 METRES BREASTSTROKE
2:30.07 Louise Karlsson,SWE
2:33.11 Anna Jensen,SWE
2:34.69 Gisela Brunmar,SWE
50 METRES BUTTERFLY
27.71 Louise Karlsson,SWE
27.81 Malin Stromberg,SWE
27.95 Linda Olofsson,SWE
100 METRES BUTTERFLY
1:01.08 Malin Stromberg,SWE
1:01.81 Therese Lundin,SWE
1:01.83 Anna Lindberg,SWE
200 METRES BUTTERFLY
2:14.79 Malin Stromberg,SWE
2:15.83 Christina Ohlund,SWE
2:15.87 Therese Lundin,SWE
100 METRES IND.MEDLEY
1:01.46 Louise Karlsson,SWE
200 METRES IND.MEDLEY
2:15.55 Louise Karlsson,SWE
2:20.01 Lourette Hakansson,SWE
2:20.23 Liselotte Pettersson,SWE
400 METRES IND.MEDLEY
4:53.48 Ann-S. Jonsson,SWE
4:57.12 Lourette Hakansson,SWE
4:58.14 Cecilia Kentell,SWE
4X100 M MEDLEY RELAY
4:12.63 Helsingborgs,SWE
4:18.76 Sodertalje,SWE
4:19.68 Malmo,SWE
4X100 M FREE RELAY
3:47.59 Helsingborgs,SWE
3:48.44 Malmo,SWE
3:50.10 Norrkoping,SWE

Congratulations to Olympic Co-Head Coach and University of Calgary Head Coach

DERYK SNELLING
1992 COACH OF THE YEAR

chosen by the Canadian Swimming Coaches Association

The selection criteria is *coaching excellence at the highest international level.* The top competition during 1992 was the Olympic Games during July in Barcelona. Deryk Snelling coached Mark Tewksbury to a **gold medal** in the 100 backstroke and a **bronze** on the 4x100 meadley relay. Two other swimmers coached by Snelling won bronze medals as part of the 4x100 medley relay; Jon Cleveland, swimming the breaststroke leg, and Tom Ponting, swimming the fly leg in the prelims.

Previous CSCA Coach of the Year winners:

1975 Nigel Kemp, Halifax Trojans
1976 Don Talbot, Thunder Bay Thunderbolts
1977 Ron Jacks, Hyack Swim Club
1978 Don Talbot, Thunder Bay Thunderbolts
1979 Jeno Tihanyi, Ph.D., Laurentian University
1980 Dave Johnson, Edmonton Keyano SC
1981 Jeno Tihanyi, Ph.D., Laurentian University
1982 Cliff Barry, Region of Waterloo SC
1983 Jeno Tihanyi, Ph.D., Laurentian University
1984 Cliff Barry, Region of Waterloo SC
Jeno Tihanyi, Ph.D., Laurentian University
Paul Meronen, Ajax Aquatic Club
1985 Paul Bergen, Etobicoke Swim Club
1986 Cliff Barry, Region of Waterloo SC
1987 Deryk Snelling, University of Calgary SC
1988 Deryk Snelling, University of Calgary SC
1989 Dave Johnson, Edmonton Keyano SC
1990 Marian Sweetnam, Lindsay Lightningbolts
1991 Deryk Snelling, University of Calgary SC

THE ONTARIO SWIMMING COACHES ASSOCIATION CONGRATULATES

BYRON MACDONALD AND MIKE PLIUSKAITIS

BYRON MACDONALD
Head coach University of Toronto / North York AC for coaching Marcel Gery to a bronze medal for the fly leg on Canada's 4x100 medley relay at the Olympic Games, Barcelona in July.

Byron MacDonald, OSCA Chairman Kevin Auger and Mike Pliuskaitis

MIKE PLIUSKAITIS
Head coach COBRA SC of Brampton for coaching Stephen Clarke to a bronze medal for the freestyle leg on Canada's 4x100 medley relay at the Olympic Games, Barcelona in July.

1992 ONTARIO CO-COACHES OF THE YEAR

TOP® PLUS

Tiny Olympic Prospects

10 & Under performances compiled from swimming results throughout Canada for the period Sep-Dec 1992 in **25 m** pools by SWIM Canada Magazine, list dated **Dec.16** List will alternate with TOP Program, and will expand to a maximum of 25/ event.These will be the only events ranked with the addition of a **400 free** (6:00 cut off).

BOYS 10 & UNDER

100 METRES FREESTYLE (1:15.00 cut-off)

1	1:07.83	GOLDNOV	Justin Dubois,10,YLSC
2	1:09.34	CASCOCT	Niels Versfeld,10,EKSC
3	1:10.53	PEPSIOCT	Stephen Preston,10,NEW
4	1:10.75	ONAANOV	Andrew Bignell,9,SSMAC
5	1:10.84	VICONOV	Brian Johns,10,AQUA
6	1:11.60	ONANOV	Derek Breckenridge,10,NKB
7	1:12.48	ONANOV	Nicholas Cafaro,10,COBRA
8	1:13.27	LASCNOV	Blair Hughes,10,AMAC
9	1:13.29	CASCOCT	Ian Grotkowski,10,CASC
10	1:13.35	BRANTNOV	Geoff Fannin,10,AAC
11	1:13.76	PCSCNOV	Daniel Monid,9,TOMAC
12	1:13.88	LASCNOV	Lee Raffa,10,UCSC
13	1:14.19	VICONOV	Terry Nathan,10,IS
14	1:14.25	BRANTNOV	Kris Maxin,10,TAT
15	1:14.48	BRANTNOV	Marc Oehm,10,TAT

100 METRES BACKSTROKE (1:27.00 cut-off)

1	1:17.16	PEPSIOCT	Stephen Preston,10,NEW
2	1:18.45	GOLDNOV	Justin Dubois,10,YLSC
3	1:19.32	ONAANOV	Andrew Bignell,9,SSMAC
4	1:19.58	CASCOCT	Niels Versfeld,10,EKSC
5	1:19.98	BRANTNOV	Geoff Fannin,10,AAC
6	1:21.33	ONAANOV	Keith Beavers,9,STARS
7	1:21.56	ONANOV	Chris Keung,10,SCAR
8	1:21.69	ONANOV	Kyle Raymond,10,COBRA
9	1:21.72	VICONOV	Terry Nathan,10,IS
10	1:22.92	BROCKOCT	Scott Martin,10,CYPS
11	1:22.96	ONANOV	Jamie Earle,10,NKB
12	1:23.30	HWACOCT	Marcus Montgomery,10,HWAC
13	1:23.55	ONANOV	Nicholas Cafaro,10,COBRA
14	1:23.75	BRANTNOV	Mark Sy,9,MAC
15	1:24.08	LASCNOV	Evan Moses,10,AMAC

100 METRES BREASTSTROKE (1:37.00 cut-off)

1	1:25.40	ONAANOV	Blaine Dolcetti,10,SSMAC
2	1:28.39	ONAANOV	Andrew Menzies,10,CYPS
3	1:28.45	BRANTNOV	Marcus Montgomery,10,HWAC
4	1:28.70	BRANTNOV	Mark Sy,9,MAC
5	1:29.20	GOLDNOV	Justin Dubois,10,YLSC
6	1:29.90	PEPSIOCT	Stephen Preston,10,NEW
7	1:30.04	CASCOCT	Lee Raffa,10,UCSC
8	1:32.03	CASCOCT	Niels Versfeld,10,EKSC
9	1:32.25	ONAANOV	Scott Martin,10,CYPS
10	1:32.59	ONAANOV	Keith Beavers,9,STARS
11	1:33.98	PEPSIOCT	Marc Oehm,10,TAT
12	1:34.93	BRANTNOV	Joe Cescon,10,ROW
13	1:35.00	TOMACOCT	Nick Kwa,10,RHAC
14	1:35.06	BRANTNOV	Joe Bartoch,9,LAC
15	1:35.69	TOMACOCT	Chuck Sayao,10,TOMAC

100 METRES BUTTERFLY (1:27.00 cut-off)

1	1:14.29	EKSCOCT	Niels Versfeld,10,EKSC
2	1:17.81	VICONOV	Brian Johns,10,AQUA
3	1:18.15	PEPSIOCT	Stephen Preston,10,NEW
4	1:18.34	BRANTNOV	Kyle Raymond,10,COBRA
5	1:20.45	BRANTNOV	Mark Sy,9,MAC
6	1:20.50	ONAANOV	Andrew Bignell,9,SSMAC
7	1:21.60	BRANTNOV	Geoff Fannin,10,AAC
8	1:22.14	VICONOV	Jesse Jacks,10,IS
9	1:22.39	LASCNOV	Lee Raffa,10,UCSC
10	1:23.97	ONAANOV	Scott Martin,10,CYPS
11	1:25.47	HWACOCT	Marcus Montgomery,10,HWAC
12	1:25.65	BRANTNOV	Marc Oehm,10,TAT
13	1:25.72	HWACOCT	Steven Caswell,10,HWAC
14	1:25.94	ONANOV	Jamie Earle,10,NKB

200 METRES IND.MEDLEY (3:00.00 cut-off)

1	2:49.78	GOLDNOV	Justin Dubois,10,YLSC
2	2:50.65	EKSCOCT	Niels Versfeld,10,EKSC
3	2:53.73	BRANTNOV	Mark Sy,9,MAC
4	2:53.99	ONAANOV	Keith Beavers,9,STARS
5	2:56.07	ONANOV	Kyle Raymond,10,COBRA
6	2:57.84	BRANTNOV	Marcus Montgomery,10,HWAC
7	2:59.10	ONAANOV	Andrew Menzies,10,CYPS
8	2:59.92	TOMACOCT	Chuck Sayao,10,TOMAC
9	3:00.00	ONAANOV	Nick Kwa,10,RHAC

GIRLS 10 & UNDER

100 METRES FREESTYLE (1:15.00 cut-off)

1	1:10.30	BRANTNOV	Samantha Pfaller,10,NYAC
2	1:10.42	ONAANOV	Sandra Gray,10,BOSC
3	1:10.68	BRANTNOV	Carmen Barnett,10,MAC
4	1:11.04	BRANTNOV	Julia Berglund,10,HWAC
5	1:11.55	BRANTNOV	Angela Sy,10,MAC
6	1:11.92	PEPSIOCT	Pamela Tung,10,NEW
7	1:11.98	ONANOV	Heather Norris,10,COBRA
8	1:12.07	ONANOV	Loren Sweny,10,NKB
9	1:12.23	HWACOCT	Heather Lee,10,USC
10	1:12.42	BRANTNOV	Tara Sloan,10,PCSC
11	1:12.59	HWACOCT	Julie Norris,10,KWY
12	1:12.81	ONAANOV	Jocelin Desjardins,10,EYSC
13	1:12.96	LLSCNOV	Julie Cocks,10,TRENT
14	1:12.99	ONAANOV	Laura Henderson,10,TAT
15	1:13.20	ONAANOV	Jennifer Perugini,10,SSMAC

100 METRES BACKSTROKE (1:27.00 cut-off)

1	1:18.93	BROCKOCT	Pamela Tung,10,NEW
2	1:20.85	LLSCNOV	Julie Cocks,10,TRENT
3	1:20.94	ONAANOV	Julie Norris,10,KWY
4	1:21.85	CASCOCT	Sarah Stansbury,10,AIR
5	1:22.49	ONANOV	Dawn Hendrickson,10,NKB
6	1:22.60	ONAANOV	Laura Henderson,10,TAT
7	1:22.87	BRANTNOV	Christina Calfacacos,10,PCSC
8	1:22.94	ONAANOV	Jennifer Perugini,10,SSMAC
9	1:24.13	BRANTNOV	Carmen Barnett,10,MAC
10	1:24.31	PCSCNOV	Megan Dinning,10,TOMAC
11	1:24.61	BRANTNOV	Erin Dermody,10,HWAC
12	1:24.73	GOLDNOV	Amy Dodd,10,MJKFF
13	1:24.83	PCSCNOV	Janice Tijssen,10,PCSC
14	1:24.99	CASCOCT	Jolie Pun,10,STSC
15	1:25.07	CASCOCT	Shauna McNally,10,EKSC

100 METRES BREASTSTROKE (1:37.00 cut-off)

1	1:23.67	ONANOV	Heather Lee,10,USC
2	1:25.37	ONANOV	Pamela Tung,10,NEW
3	1:25.89	ONAANOV	Anna Thwaits,10,MYK
4	1:26.37	BRANTNOV	Julia Berglund,10,HWAC
5	1:26.91	PCSCNOV	Genevieve Goulet,10,PCSC
6	1:29.80	LASCNOV	Desiree Fofie,10,UCSC
7	1:29.96	BRANTNOV	Angela Sy,10,MAC
8	1:32.60	BRANTNOV	Tara Sloan,10,PCSC
9	1:33.30	ONAANOV	Kristy Miller,10,KWY
10	1:33.94	ONAANOV	Jocelin Desjardins,10,EYSC
11	1:34.54	ONAANOV	Paula Borrelli,10,SSMAC
12	1:35.28	ONAANOV	Nancy Doire,10,TMSC
13	1:35.44	VICONOV	Jacqui Rusher,10,IS
14	1:35.84	VICONOV	Courtney Webster,10,IS
15	1:36.27	LASCNOV	Sarah Stansbury,10,AIR

100 METRES BUTTERFLY (1:27.00 cut-off)

1	1:15.14	ONANOV	Pamela Tung,10,NEW
2	1:19.82	ONAANOV	Julie Norris,10,KWY
3	1:20.11	ONANOV	Heather Norris,10,COBRA
4	1:20.40	BRANTNOV	Carmen Barnett,10,MAC
5	1:20.63	BROCKOCT	Julie Cocks,10,TRENT
6	1:22.57	LASCNOV	Sarah Stansbury,10,AIR
7	1:22.85	ONAANOV	Laura Henderson,10,TAT
8	1:22.97	LASCNOV	Amy Lomas,10,LASC
9	1:23.62	BRANTNOV	Angela Sy,10,MAC
10	1:24.08	ONAANOV	Sandra Gray,10,BOSC
11	1:24.16	PCSCNOV	Janice Tijssen,10,PCSC
12	1:24.63	ONANOV	Jennifer Brankovsky,10,SCAR
13	1:25.04	TOMACOCT	Joanna Mazzucco,10,PEPSI
14	1:25.29	BRANTNOV	Christina Calfacacos,10,PCSC
15	1:25.55	BRANTNOV	Samantha Pfaller,10,NYAC

200 METRES IND.MEDLEY (3:00.00 cut-off)

1	2:43.13	ONANOV	Pamela Tung,10,NEW
2	2:45.79	ONANOV	Heather Lee,10,USC
3	2:54.39	ONAANOV	Julie Norris,10,KWY
4	2:54.40	BRANTNOV	Angela Sy,10,MAC
5	2:54.67	ONAANOV	Anna Thwaits,10,MYK
6	2:55.34	PCSCNOV	Tara Sloan,10,PCSC
7	2:55.48	ONAANOV	Sandra Gray,10,BOSC
8	2:56.48	BRANTNOV	Julia Berglund,10,HWAC

EDMONTON KEYANO INTERNATIONAL EKI

GRIZZLY COUNTRY

15th ANNUAL EDMONTON KEYANO INTERNATIONAL AGE GROUP INVITATIONAL SWIM MEET

April 29-30 - May 1-2, 1993

Prelims and Finals
One of the largest age group meets in Canada.
Teams have attended from — Japan, Russia, Germany, Hungary, Ireland, England, Costa Rica and the United States.

CONTACT:
Ollie Currie
P.O.Box 1682
Edmonton, AB, T5J 2P1
Tel: (403) 432-9448
Fax:(403) 432-1771

ACROSS CANADA

GOLDFIN INVITATIONAL

Saskatoon, Nov 6-8 (25 M)

Bosy 11-12

50 METRES FREESTYLE
28.04 Ryan Acaster,12,BKSC
28.88 Oliver Leroy,12,MANTA
29.12 Robert Novak,12,WAVE
100 METRES FREESTYLE
1:02.07 Ryan Acaster,12,BKSC
1:02.34 Oliver Leroy,12,MANTA
1:04.65 Robert Novak,12,WAVE
200 METRES FREESTYLE
2:16.34 Oliver Leroy,12,MANTA
2:19.36 Ryan Acaster,12,BKSC
2:19.62 Ryan Keesey,12,GOLD
400 METRES FREESTYLE
4:51.29 Oliver Leroy,12,MANTA
4:51.85 Ryan Keesey,12,GOLD
4:54.12 Curtis Heffernan,12,GOLD
1500 METRES FREESTYLE
19:32.80 Curtis Heffernan,12,GOLD
19:42.11 Ryan Keesey,12,GOLD
100 METRES BACKSTROKE
1:10.93 Riley Janes,12,GOLD
1:12.36 Oliver Leroy,12,MANTA
1:15.23 Muga Miyakawa,11,MANTA
200 METRES BACKSTROKE
2:35.54 Riley Janes,12,GOLD
2:38.42 Noah Miller,12,ROD
2:41.11 Muga Miyakawa,11,MANTA
100 METRES BREASTSTROKE
1:23.43 Michael Poole,12,CASC
1:23.54 Robbie Cowan,12,GOLD
1:24.25 Robert Novak,12,WAVE
200 METRES BREASTSTROKE
2:57.13 Robbie Cowan,12,GOLD
3:02.98 Paul Armstrong,92,MCM
100 METRES BUTTERFLY
1:13.87 Ryan Acaster,12,BKSC
200 METRES BUTTERFLY
2:45.06 Ryan Acaster,12,BKSC
2:51.64 Ryan Keesey,12,GOLD
2:51.68 Paul Armstrong,12,GOLD
200 METRES IND.MEDLEY
2:36.25 Oliver Leroy,12,MANTA
2:38.14 Riley Janes,12,GOLD
2:41.29 Ryan Acaster,12,BKSC
400 METRES IND.MEDLEY
5:35.77 Oliver Leroy,12,MANTA
5:37.73 Ryan Keesey,12,GOLD
5:42.89 Riley Janes,12,GOLD
4X50 M MEDLEY RELAY
2:17.50 Saskatoon Goldfins,GOLD
2:29.13 Cascade Swim Club,CASC
2:33.08 Saskatoon Y Lasers,YLSC
4X50 M FREE RELAY
2:04.22 Saskatoon Goldfins,GOLD
2:09.56 Cascade Swim Club,CASC
2:11.15 Saskatoon Y Lasers,YLSC

Girls 11-12

50 METRES FREESTYLE
29.06 Kelly Doody,12,CASC
29.82 Jenny Scott,12,EKSC
100 METRES FREESTYLE
1:02.33 Kelly Doody,12,CASC
1:02.84 Jenny Scott,12,EKSC
200 METRES FREESTYLE
2:14.33 Jenny Scott,12,EKSC
2:15.18 Kelly Doody,12,CASC
2:24.14 Brandy Coote,12,GOLD
400 METRES FREESTYLE
4:43.59 Kelly Doody,12,CASC
4:47.24 Jenny Scott,12,EKSC
5:04.40 Kathryn McKnight,12,GOLD
800 METRES FREESTYLE
9:44.76 Jenny Scott,12,EKSC
9:48.30 Kelly Doody,12,CASC
10:12.38 Donna Constable,12,MJKFF
100 METRES BACKSTROKE
1:16.63 Kathryn McKnight,12,GOLD
1:16.82 Kim Meloche,10,STSC
1:16.94 Lindsay Archer,12,ROD
200 METRES BACKSTROKE
2:31.54 Kelly Doody,12,CASC
2:41.22 Kristen Schneider,11,ROD
2:44.31 Jenny Scott,12,EKSC
100 METRES BREASTSTROKE
1:25.16 Bekki Seaman,12,ROD
1:25.27 Brandy Coote,12,GOLD
200 METRES BREASTSTROKE
2:53.13 Kelly Doody,12,CASC
2:59.57 Bekki Seaman,12,ROD
3:01.11 Brandy Coote,12,GOLD
100 METRES BUTTERFLY
1:10.58 Kelly Doody,12,CASC
1:15.53 Jenny Scott,12,EKSC
1:16.19 Lindsay Archer,12,ROD
200 METRES BUTTERFLY
2:44.83 Lindsay Archer,12,ROD
2:50.26 Ami Farrow,12,GOLD
2:52.25 Stacey Nogier,12,GOLD
200 METRES IND.MEDLEY
2:31.24 Kelly Doody,12,CASC
2:41.99 Jenny Scott,12,EKSC
2:42.80 Donna Constable,12,MJKFF
400 METRES IND.MEDLEY
5:19.00 Kelly Doody,12,CASC
5:43.25 Donna Constable,12,MJKFF
5:44.17 Jenny Scott,12,EKSC
4X50 M FREE RELAY
2:03.86 Saskatoon Goldfins,GOLD
2:08.30 Edmonton Keyano,EKSC
2:08.73 Cascade Swim Club,CASC

Boys 13-14

50 METRES FREESTYLE
24.93 Ian Guillen,14,MANTA
25.07 Steven Foley,14,MM
26.51 David Freedman,14,MANTA
100 METRES FREESTYLE
55.27 Ian Guillen,14,MANTA
55.37 Steven Foley,14,MM
57.50 Patrick Goral,14,CASC
200 METRES FREESTYLE
2:03.67 Patrick Goral,14,CASC
2:05.19 Ian Guillen,14,MANTA
400 METRES FREESTYLE
4:23.13 Patrick Goral,14,CASC
4:30.61 Jamie Sommerfeld,13,GOLD
4:30.93 Scott Flood,14,GOLD
1500 METRES FREESTYLE
17:39.12 Ian Guillen,14,MANTA
17:49.02 Adam MacPherson,14,CASC
17:50.68 Scott Flood,14,GOLD
100 METRES BACKSTROKE
1:02.54 Steven Foley,14,MM
1:05.38 Patrick Goral,14,CASC
1:05.53 Matthew Henderson,13,CASC
200 METRES BACKSTROKE
2:17.77 Patrick Goral,14,CASC
2:18.01 Matthew Henderson,13,CASC
2:22.97 Steven Foley,14,MM
100 METRES BREASTSTROKE
1:10.46 David Freedman,14,MANTA
1:13.18 Craig Marshall,14,CASC
1:16.37 Adam MacPherson,14,CASC
200 METRES BREASTSTROKE
2:37.29 David Freedman,14,MANTA
2:40.17 Adam MacPherson,14,CASC
2:43.44 Scott Flood,14,GOLD
100 METRES BUTTERFLY
1:05.02 Ian Guillen,14,MANTA
1:05.18 Matthew Henderson,13,CASC
1:05.29 Patrick Goral,14,CASC
200 METRES BUTTERFLY
2:23.93 Nathan Tricker,14,EKSC
2:30.90 Ian Guillen,14,MANTA
2:31.22 Adam MacPherson,14,CASC
200 METRES IND.MEDLEY
2:22.14 David Freedman,14,MANTA
2:22.80 Steven Foley,14,MM
2:23.28 Ian Guillen,14,MANTA
400 METRES IND.MEDLEY
5:05.09 Matthew Henderson,13,CASC
5:07.34 Ian Guillen,14,MANTA
5:08.29 Scott Flood,14,GOLD
4X50 M MEDLEY RELAY
1:58.66 Cascade Swim Club,CASC
2:02.37 Manta Aquatic Club,MANTA
2:04.06 Edmonton Keyano,EKSC
4X50 M FREE RELAY
1:47.47 Cascade Swim Club,CASC
1:54.12 Saskatoon Goldfins,GOLD
1:57.30 Selkirk Dolphins,SD

Girls 13-14

50 METRES FREESTYLE
27.98 Rikki Janes,13,GOLD
28.36 Christa Burgess,13,ROD
28.63 Janet Cook,13,YLSC
100 METRES FREESTYLE
1:00.78 Rikki Janes,13,GOLD
1:01.97 Christa Burgess,13,ROD
400 METRES FREESTYLE
4:44.40 Rikki Janes,13,GOLD
800 METRES FREESTYLE
9:39.96 Rikki Janes,13,GOLD
100 METRES BACKSTROKE
1:09.43 Rikki Janes,13,GOLD
200 METRES BACKSTROKE
2:29.66 Rikki Janes,13,GOLD
2:32.52 Nerissa Harvey,13,EKSC
2:32.90 Kelly Dinsmore,14,CASC
100 METRES BREASTSTROKE
1:17.13 Rachelle DeJong,13,ROD
1:18.62 Karin Vancampenhout,14,EKSC
1:19.66 Doris Ho,14,CASC
200 METRES BREASTSTROKE
2:47.18 Rachelle DeJong,13,ROD
2:47.22 Kristyn Ullberg,13,MANTA
2:53.85 Karin Vancampenhout,14,EKSC
100 METRES BUTTERFLY
1:07.47 Doris Ho,14,CASC
1:08.87 Jolanta Przepiorka,14,ROD
1:09.32 Rikki Janes,13,GOLD
200 METRES BUTTERFLY
2:30.27 Doris Ho,14,CASC
2:32.99 Jolanta Przepiorka,14,ROD
2:37.26 Rikki Janes,13,GOLD
200 METRES IND.MEDLEY
2:31.26 Rikki Janes,13,GOLD
400 METRES IND.MEDLEY
5:24.12 Doris Ho,14,CASC
5:26.68 Nerissa Harvey,13,EKSC
5:28.72 Jocelyn McLeod,14,ROD
4X50 M MEDLEY RELAY
2:08.26 Regina Opt.Dolphins,ROD
2:09.58 Cascade Swim Club,CASC
2:11.32 Edmonton Keyano,EKSC
4X50 M FREE RELAY
1:56.50 Regina Opt.Dolphins,ROD
1:59.25 Edmonton Keyano,EKSC
2:00.35 Cascade Swim Club,CASC

Boys 15-17

50 METRES FREESTYLE
24.63 Michael Mintenko,16,MJKFF
24.89 Doug Wake,15,ROD
24.91 Jeff Toth,16,ROD
100 METRES FREESTYLE
53.26 Michael Mintenko,16,MJKFF
53.38 Jonathan McLeod,17,ROD
54.69 Doug Wake,15,ROD
200 METRES FREESTYLE
1:56.69 Jonathan McLeod,17,ROD
1:58.32 Jamie Stevens,17,MANTA
1:58.64 Doug Wake,15,ROD
400 METRES FREESTYLE
4:08.93 Jamie Stevens,17,MANTA
4:15.27 Simon DeJong,15,ROD
4:16.09 Wayne Linner,15,ROD
1500 METRES FREESTYLE
16:15.81 Jamie Stevens,17,MANTA
16:58.13 Wayne Linner,15,ROD
16:59.28 Simon DeJong,15,ROD
100 METRES BACKSTROKE
57.97 Mark Versfeld,16,EKSC
59.30 Jonathan McLeod,17,ROD
1:01.38 Troy Rhoades,16,ROD
200 METRES BACKSTROKE
2:04.75 Mark Versfeld,16,EKSC
2:07.70 Jonathan McLeod,17,ROD
2:07.72 Troy Rhoades,16,ROD
100 METRES BREASTSTROKE
1:08.53 Jamie Stevens,17,MANTA
1:08.64 Derek Desrochers,16,CASC
1:09.06 Ian Clark,17,ROD
200 METRES BREASTSTROKE
2:26.72 Jamie Stevens,17,MANTA
2:29.83 Derek Desrochers,16,CASC
100 METRES BUTTERFLY
58.26 Mark Versfeld,16,EKSC
58.84 Doug Wake,15,ROD
1:00.21 Jamie Stevens,17,MANTA
200 METRES BUTTERFLY
2:08.05 Jonathan McLeod,17,ROD
2:14.55 Jeff Toth,16,ROD
200 METRES IND.MEDLEY
2:07.07 Jonathan McLeod,17,ROD
2:08.36 Mark Versfeld,16,EKSC
2:12.23 Jamie Stevens,17,MANTA
400 METRES IND.MEDLEY
4:39.89 Jamie Stevens,17,MANTA
4:39.96 Jonathan McLeod,17,ROD
4:52.03 Doug Wake,15,ROD
4X50 M MEDLEY RELAY
1:50.69 Regina Opt.Dolphins,ROD
1:54.64 Cascade Swim Club,CASC
1:57.96 Manta Aquatic Club,MANTA
4X50 M FREE RELAY
1:39.53 Regina Opt.Dolphins,ROD
1:47.26 Manta Aquatic Club,MANTA

Girls 15-17

50 METRES FREESTYLE
26.60 Shannon Shakespeare,15,MM
27.51 Erica Leader,15,MANTA
27.82 Christine McEwan,15,ROD
100 METRES FREESTYLE
58.16 Shannon Shakespeare,15,MM
58.80 Tara Fullbrandt,15,EKSC
1:00.66 Christine McEwan,15,ROD
200 METRES FREESTYLE
2:05.33 Shannon Shakespeare,15,MM
2:08.28 Tara Fullbrandt,15,EKSC
2:09.93 Kelly Sommerfeld,15,GOLD
400 METRES FREESTYLE
4:30.13 Tara Fullbrandt,15,EKSC
4:33.93 Shannon Shakespeare,15,MM
4:37.94 Orenda Cornwell,15,ROD
800 METRES FREESTYLE
9:21.01 Tara Fullbrandt,15,EKSC
9:32.06 Orenda Cornwell,15,ROD
9:35.78 Kelly Sommerfeld,15,GOLD
100 METRES BACKSTROKE
1:07.21 Tara Fullbrandt,15,EKSC
1:08.83 Chris Courtemanche,17,EKSC
1:09.58 Suzie Murray,16,MM
200 METRES BACKSTROKE
2:21.83 Tara Fullbrandt,15,EKSC
2:24.37 Chris Courtemanche,17,EKSC
2:24.84 Susan Banman,15,ROD
100 METRES BREASTSTROKE
1:13.85 Shannon Shakespeare,15,MM
1:15.64 Rhiannon Leier,15,YLSC
1:17.16 Andrea Mortin,16,ROD
200 METRES BREASTSTROKE
2:40.96 Rhiannon Leier,15,YLSC
2:41.87 Shannon Shakespeare,15,MM
2:45.21 Andrea Mortin,16,ROD
100 METRES BUTTERFLY
1:06.42 Chris Courtemanche,17,EKSC
1:06.80 Suzie Murray,16,MM
1:07.01 Jennifer Yanko,17,CASC
200 METRES BUTTERFLY
2:25.96 Jennifer Yanko,17,CASC
2:28.03 Jodi Hindley,15,CASC
2:28.14 Chris Courtemanche,17,EKSC
200 METRES IND.MEDLEY
2:25.00 Shannon Shakespeare,15,MM
2:27.79 Kelly Sommerfeld,15,GOLD
2:28.48 Christine McEwan,15,ROD
400 METRES IND.MEDLEY
5:10.65 Rhiannon Leier,15,YLSC
5:11.67 Shannon Shakespeare,15,MM
5:12.59 Suzie Murray,16,MM
4X50 M MEDLEY RELAY
2:04.53 Manitoba Marlins,MM
2:05.36 Saskatoon Goldfins,GOLD
2:07.96 Saskatoon Y Lasers,YLSC
4X50 M FREE RELAY
1:52.48 Manitoba Marlins,MM
1:53.73 Edmonton Keyano,EKSC
1:55.89 Saskatoon Goldfins,GOLD

Men 18 & Over

50 METRES FREESTYLE
24.48 Jason Venables,18,GOLD
24.73 Val Weaver,21,CASC
25.36 Shea Tritter,19,CASC
100 METRES FREESTYLE
54.72 - Val Weaver,21,CASC
200 METRES FREESTYLE
2:00.31 Ken McDonald,22,CASC
2:00.77 Cory Maxwell,18,EKSC
2:01.00 Chris Peck,21,CASC
400 METRES FREESTYLE
4:13.27 Ken McDonald,22,CASC
4:15.64 Chris Peck,21,CASC
1500 METRES FREESTYLE
16:52.01 Chris Peck,21,CASC
16:53.12 Ken McDonald,21,CASC
100 METRES BACKSTROKE
1:00.39 Shea Tritter,19,CASC
1:00.62 Jason Venables,18,GOLD
200 METRES BACKSTROKE
2:06.88 Ken McDonald,22,CASC
2:13.39 Shea Tritter,19,CASC
2:14.04 Jason Venables,18,GOLD
100 METRES BREASTSTROKE
1:08.77 Jason Venables,18,GOLD
1:09.21 Chris Peck,21,CASC
200 METRES BREASTSTROKE
2:32.31 Ken McDonald,22,CASC
100 METRES BUTTERFLY
59.84 Brian Sinclair,18,EKSC
1:01.17 Val Weaver,21,CASC
200 METRES BUTTERFLY
2:17.48 Brian Sinclair,18,EKSC
200 METRES IND.MEDLEY
2:13.25 Ken McDonald,22,CASC
2:16.00 Jason Venables,18,GOLD
2:16.17 Chris Peck,21,CASC
400 METRES IND.MEDLEY
4:52.83 Cory Maxwell,18,EKSC
4X50 M MEDLEY RELAY
1:49.69 Edmonton Keyano,EKSC
1:50.24 Cascade Swim Club,CASC
1:54.61 Saskatoon Goldfins,GOLD
4X50 M FREE RELAY
1:38.68 Cascade Swim Club,CASC
1:39.92 Edmonton Keyano,EKSC
1:40.99 Saskatoon Goldfins,GOLD

18 & Over Women

50 METRES FREESTYLE
27.49 Erin Murphy,22,CASC
27.75 Barb Austin,19,ROD
27.96 Kelly Argent,18,EKSC
100 METRES FREESTYLE
59.26 Erin Murphy,22,CASC
59.54 Barb Austin,19,ROD
200 METRES FREESTYLE
2:09.44 Erin Murphy,22,CASC
2:10.39 Barb Austin,19,ROD
100 METRES BREASTSTROKE
1:15.92 Kelly Argent,18,EKSC
200 METRES BREASTSTROKE
2:43.65 Kelly Argent,18,EKSC
100 METRES BUTTERFLY
1:08.25 Barb Austin,19,ROD
1:08.80 Kelly Argent,18,EKSC
4X50 M MEDLEY RELAY
2:04.61 Edmonton Keyano,EKSC
2:05.33 Regina Opt.Dolphins,ROD
2:07.99 Cascade Swim Club,CASC
4X50 M FREE RELAY
1:51.68 Cascade Swim Club,CASC
1:51.69 Regina Opt.Dolphins,ROD

SWIM INTERNATIONAL

Brantford, Nov.13-15 (25 M)

Boys 11-12

50 METRES FREESTYLE
27.56 Cory Bardossy,12,HWAC
28.15 Eric Gabsch,12,TOMAC
28.55 Jason Riendeau,12,PCSC
100 METRES FREESTYLE
1:00.89 Cory Bardossy,12,HWAC
1:02.85 Eric Gabsch,12,TOMAC
1:03.57 Richard Bauer,12,BRANT
200 METRES FREESTYLE
2:11.41 Cory Bardossy,12,HWAC
2:15.30 Eric Gabsch,12,TOMAC
2:17.07 Glen Steacy,12,LAC
400 METRES FREESTYLE
4:39.91 Cory Bardossy,12,HWAC
4:43.76 Eric Gabsch,12,TOMAC
4:44.09 Glen Steacy,12,LAC
100 METRES BACKSTROKE
1:07.37 Mark Wyjad,12,PCSC
1:10.36 Michael Lockett,12,PICK
1:10.50 Cory Bardossy,12,HWAC
200 METRES BACKSTROKE
2:20.60 Mark Wyjad,12,PCSC
2:32.99 Cory Bardossy,12,HWAC
2:33.14 Michael Lockett,12,PICK

DIFFUSION AQUASPORT

TOM JAGGER appears with the permission of United States Swimming

PENNY & VICKY VILAGOS appear with the permission of Synchro Canada.

TRACK SUITS

All clothing on this page is available in custom colour combinations in 100% nylon fabric (tactel, supplex or cross country)

- *Minimum order:* 12 units
- *Delivery:* 6 weeks

A EQSU11 STANDARD

B EQSU12 HYDRO

C EQSU13 AQUASPORT

D EQSU14 MEDALIST

E EQSU15 PERFORMANCE

F EQSU16 2 TONES

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H EQSH12
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You make your own colour combination.

I EQSH13
PERFORMANCE SHORT
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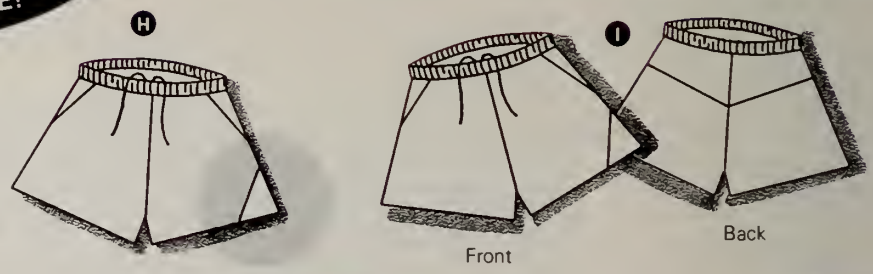

PANTS

EQSU21
PANTS

T-SHIRTS & TANK TOPS

TS3930
100% cotton Premium jersey Tee Shirt
30-white, 32-navy, 35-yellow, 36-black, 40-red, 47-kelly, 51-royal, 57-fushia, 77-jade, 79-lavander, 81-purple, 93-ash

TS3930XX
Same as above but in size XXL
30-white, 32-navy, 35-yellow, 36-black, 40-red, 47-kelly, 51-royal, 57-fushia, 77-jade, 79-lavander, 81-purple, 93-ash

TS4930
Adult long sleeve Tee Shirt (100% cotton jersey)
30-white, 32-navy, 36-black, 40-red, 51-royal, 93-ash

TS5930
The heavyweight 50/50 Tee Shirt
30-white, 32-navy, 35-yellow, 36-black, 40-red, 47-kelly, 51-royal, 77-jade, 79-lavander, 81-purple, 93-ash

CA2930
100% cotton Premium Tank Top
30-white, 36-black, 40-red, 51-royal, 57-fushsia, 65-turquoise, 77-jade, 79-lavander, 81-purple, 93-ash

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MONSPORT® Inc.

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Jersey polo shirt, Adult S-M-L-XL
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Jersey polo shirt, Adult XXL
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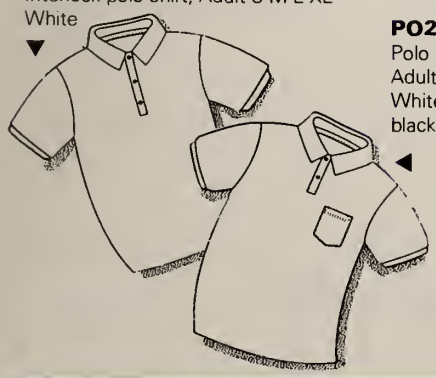
Interlock polo shirt, Adult S-M-L-XL
White

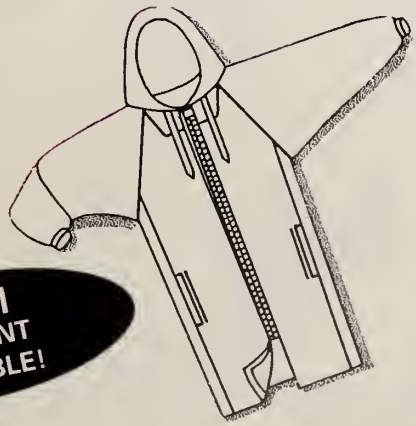
PO4003
Jersey polo shirt, Junior S-M-L
White

PO8801
Polo "Lacoste", S-M-L-XL
White, royal, navy, red, purple, kelly, black

PO2001
Polo "Lacoste" with chest pocket, Adult S-M-L-XL-XXL
White, royal, navy, red, purple, kelly, black, powder, yellow



TEAM DISCOUNT AVAILABLE!



PARKAS

100% nylon; lining of 100% polyester
You pick the colour of the nylon AND the lining
• *Delivery*: 4 weeks

EQPK11
Black, royal, red, navy, kelly, purple

FLEECE

12 oz sweats; 50/50 poly/coton
Sizes: S-XL

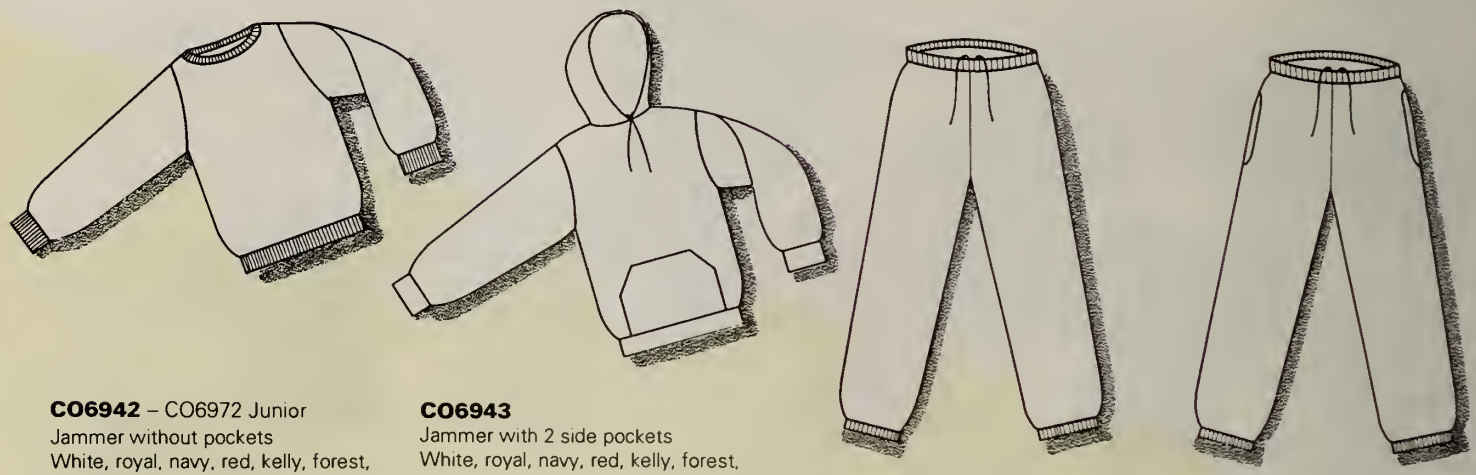
CO9820 – CO4820 Junior
Crewneck, raglan sleeve
White, royal, navy, red, kelly, forest, black, natural, purple, oxford, burgundy

CO6914
Crewneck, drop shoulders
White, royal, navy, red, kelly, forest, black, natural, purple, oxford, burgundy
▼

CO4180 – CO4190 Junior
Kangaroo
White, royal, navy, red, kelly, forest, black, natural, purple, oxford, burgundy
▼

CO4260 – CO4270 Junior
Pants without pockets
White, royal, navy, red, kelly, forest, black, natural, purple, oxford, burgundy
▼

CO4250
Pants with 2 side pockets
White, royal, navy, red, kelly, forest, black, natural, purple, oxford, burgundy
▼

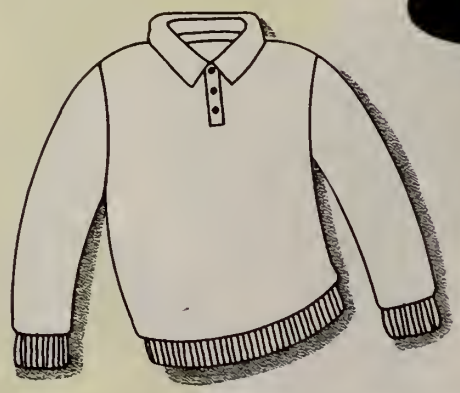


CO6942 – CO6972 Junior
Jammer without pockets
White, royal, navy, red, kelly, forest, black, natural, purple, oxford, burgundy
▼

CO6943
Jammer with 2 side pockets
White, royal, navy, red, kelly, forest, black, natural, purple, oxford, burgundy
▼

CO9810
Polo sweatshirt
White, royal, navy, red, kelly, forest, black, natural, purple, oxford
▼

TEAM DISCOUNT AVAILABLE!



SCREENPRINTING

ARTWORK:
DIFFUSION AQUASPORT will have artists at your disposal, to create your designs from sketches, logos, letter head or particular specifications.
Set-up, printing and screen charges vary according to the number of colours and the design size required.
Design dimensions available: 5" x 5" (12 cm)
10" x 10" (22 cm)
15" x 15" (37 cm)

LETTERING:
The following lettering samples are our suggestions for those who are undecided on a particular style.

Helvetica Bold
Helvetica Black
BALLOON EXTRA-BOLD
Brush Script
Chalk
GOLDMINE
LIQUID CRYSTAL
PRINCETOWN
SUPERSTAR
trafalgar
SCOTT
UMBRELLA

REPEAT ORDERS:
Screens are kept up to 2 years from the date of their last use with a lesser charge for their re-use according to the number of colours and design size.

LOGOS

DIFFUSION AQUASPORT offers standard logos for aquatic sports.
Choose your design and size requirements from our wide, in stock, selection and you will cut production time.

LIFEGUARD
LIFEGUARD
LIFEGUARD
lifeguard

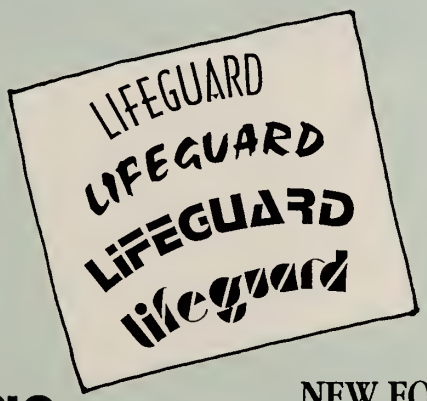
SWIMMING
SWIMMING
SWIMMING
swimming

WATER POLO
WATER POLO
WATER POLO
water polo

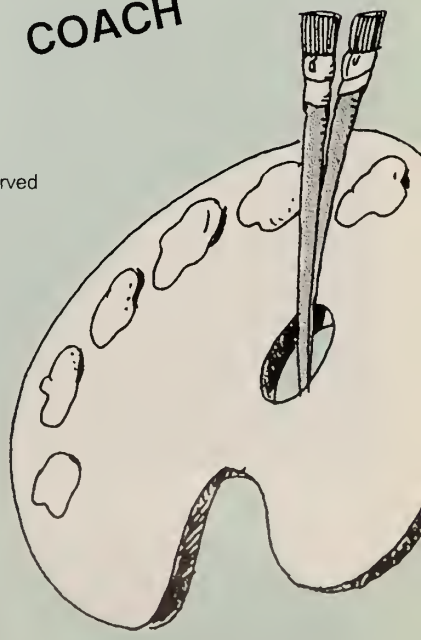
SYNCHRO
SYNCHRO
SYNCHRO
synchro

DIVING
DIVING
DIVING
diving

INSTRUCTOR
ASSISTANT
COACH



◀ Available in a straight or curved format.



A wide range of colours available.

QUÉBEC ONTARIO
QUÉBEC ONTARIO
QUÉBEC ONTARIO
QUÉBEC ONTARIO
QUÉBEC ONTARIO

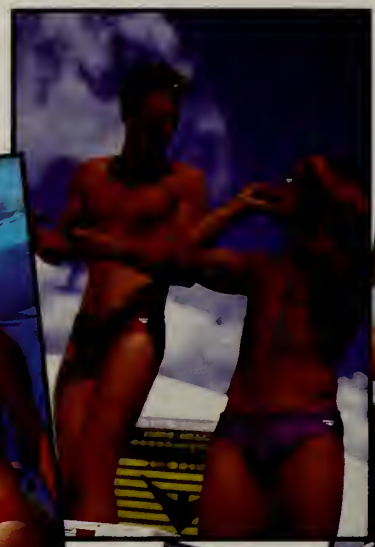
CANADA
NEW FOUNDLAND
BRITISH COLUMBIA
SASKATCHEWAN
MANITOBA
ALBERTA
NEW BRUNSWICK
P.E.I.
NOVA SCOTIA

THE FINALS®

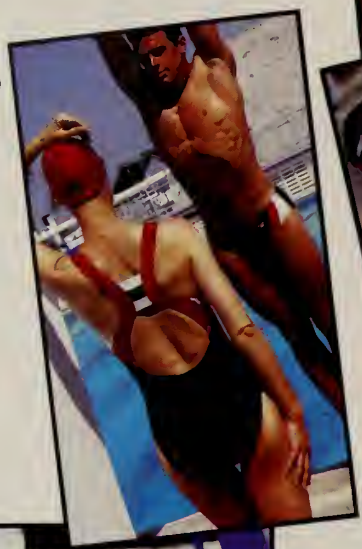
All the bathing suits are fully front lined unless indicated otherwise. The european cut (E) is narrower on the sides than the American cut (A).

Buy any 2 *Finals* suits from pages 6 & 7 and get 10% off

A


B

C


D

E

F

G

TEAM DISCOUNT AVAILABLE!

A SOLID

8530 49$
Female Lycra Super V back
Sizes: 24-40
20-royal, A8-red, 04-navy, 24-purple
02-black, 05-kelly, 08-burgundy

8620 49$
Female 2-piece lycra T-back
Sizes: 24-38
Same colours as for the 8530

8450 47$
Lycra female TC back *(n.s.)*, not lined
Sizes: 24-40
20-royal, 04-navy, 02-black

B SOLID
Sizes: 24-38

1111 19$
Male nylon A cut
02-black, 04-navy, 08-burgundy, 20-royal

1450 23$
Male lycra A cut
02-black, 05-kelly, 24-purple, 20-royal, A8-red, 04-navy, 08-burgundy

1550 23$
Male lycra E cut
20-royal, 04-navy, 02-black

C ULTRATECH
Sizes: 24-34
02-black, 04-navy

8711
Female Super V-back 80$

8731
Female Ultratech Patchback 80$

8751
Female Ultratech 2-piece 80$

1701
Male Ultratech E 46$
Sizes: 24-36

D NATIONALS
Female Patchback
Sizes: 24-40
57-navy/red/white

8201
Nylon Symplex 41$

8211
Lycra (*sizes:* 24-40) 52$

8741
Ultratech (*sizes:* 24-34) 80$

Male American cut
Sizes: 24-38
57-navy/red/white

1121
Nylon Symplex 20$

1419
Lycra 26$

Male European cut

1529
Lycra 26$

1711
Ultratech (*sizes:* 24-36) 46$

E JET STREAM

8525 52$
Female Open T-back
Sizes: 24-40

F 1465 26$
Male A cut
Sizes: 24-38
41-navy/yellow, 67-burgundy/yellow, 69-black/orange, 54-black/yellow, 53-black/red, 52-purple/yellow, 44-royal/yellow, 50-kelly/yellow, 68-burgundy/white, 40-navy/white, 49-kelly/white, 51-purple/white, A3-red/white, 43-royal/white

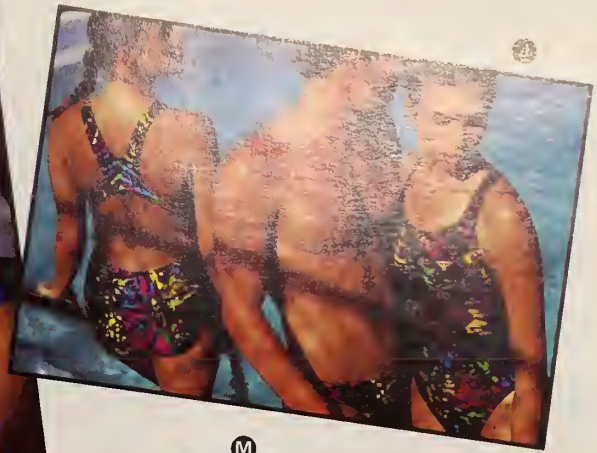
G TEAM TRI-FLEX

8589 52$
Sizes: 24-40
Female patchback

1419 26$
Sizes: 24-38
Male A cut
53-black/red/white
50-kelly/white/yellow
57-navy/red/white
52-purple/white/yellow
67-burgundy/white/yellow
41-navy/white/yellow
44-royal/white/yellow
54-black/white/yellow

H

I



M

K

L

N

CALYPSO
E3-sport blue/infrared
E2-sport blue/hot pink

H 9530
Female Super V-back 53$
Sizes: 24-40

I 0551
Male European cut 30$
Sizes: 24-38

I 9620
Female 2-piece T-back 53$
Sizes: 28-38

HIGH VOLTAGE
E3-sport blue/infrared
E2-sport blue/hot pink

K 0522
Male E cut 26$
Sizes: 24-38

0412
Male A cut *(n.s.)* 26$
Sizes: 24-38

L 8642
Female 2-piece 52$
Sizes: 28-38

J INCOGNITO
Female Super V-back
Sizes: 24-40
02-black/multi, 04-navy/multi

8188
Nylon Simplex 41$

8538
Lycra 53$

8718
Ultratech (*sizes:* 24-34) 80$

Male American cut
Sizes: 24-38
02-black/multi, 04-navy/multi

1118
Nylon Symplex *(n.s.)* 20$

1458
Lycra *(n.s.)* 30$

Male European cut

1558
Lycra 30$

1708
Super tech (*sizes:* 24-36) 46$

AMERICANA
D7-navy/aqua, D8-navy/magenta,
D9-navy/sport blue

M 8327
Female Fastback 52$
Sizes: 24-40

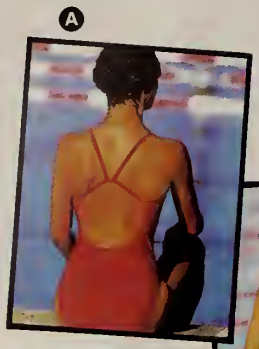
N 1467
Male A cut 26$
Sizes: 24-38

N 1567
Male E cut 26$
Sizes: 24-38

SPEEDO

All *Speedo* suits are fully front lined (except for paper).
The breakdown of sizes are:
girls: 24-30
ladies: 32-40
boys: 24-28
men: 30-38

Buy any 2 *Speedo* suits from pages 8, 9 & 21 and get 10% off



A SOLID FEMALE SPLASHBACK

77709	Girls	32$
75709	Ladies	42$

001-black, 003-kelly, 005-purple, 008-red, 041-navy, 455-royal

B SOLID FEMALE FUSIONBACK

719079	Girls	50$
719080	Ladies	52$

001-black, 005-purple, 006-red, 041-navy, 347-teal, 455-royal, 547-orchid

C SOLID FEMALE RECORD BREAKER

719071	Girls	42$
719072	Ladies	50$

001-black, 003-kelly, 005-purple, 008-red, 041-navy, 455-royal, 204-burgundy

D UNI MALE LYCRA

72800	Boys	18$
70800	Men	25$

001-black, 003-kelly, 005-purple, 008-red, 009-white, 041-navy, 204-burgundy, 347-teal, 455-royal, 557-pacific blue

D NYLON SUITS (N.S.)

77310	Girls	30$
75310	Ladies	32$
72001	Boys	18$
70001	Men	20$

001-black, 003-kelly, 008-red, 041-navy, 204-burgundy, 455-royal

D PAPER SUITS (N.S.)

77811	Girls	75$
75811	Ladies	75$
72770	Boys	44$
70770	Men	44$

001-black, 041-navy

E TRADE WINDS
Female Fusionback

719223	Girls	60$
719224	Ladies	65$
705223	Boys	30$
705224	Men	34$

001-black, 041-navy, 005-purple, 455-royal

F SHARKS TOOTH
Female Fusionback

719205	Girls	60$
719206	Ladies	65$
705205	Boys	30$
705206	Men	34$

001-black, 041-navy

G FLAMES
Female Fusionback

719207	Girls	60$
719208	Ladies	65$
705207	Boys	30$
705208	Men	34$

001-black, 041-navy

H TECHNO GRID
Female Superpro back

719209	Girls	56$
719210	Ladies	62$
705209	Boys	28$
705210	Men	32$

001-black, 005-purple, 006-red, 041-navy, 347-teal, 455-royal, 547-orchid (female only)

I 719252
Female 2 pce suit 65$
001-black, 041-navy

I 720351
Men's short 100% nylon 30$

720350
Female short 100% nylon
001-black, 041-navy

J DECO SPLICE
Female enduranceback

719227	Girls	56$
719228	Ladies	62$
705227	Boys	28$
705228	Men	32$

001-black, 005-purple, 041-navy, 347-teal, 455-royal, 547-orchid (female only)

K 720352
Female short 100% nylon 30$
720353
Male short 100% nylon 30$
001-black, 005-purple, 041-navy

L DOMINO
Female Superproback
719203 Girls 60$
719204 Ladies 65$
705203 Boys 30$
705204 Men 34$
001-black, 041-navy

M HORIZON
Female Fusionback
719201 Girls 60$
719202 Ladies 65$
705201 Boys 30$
705202 Men 34$
001-black, 041-navy

N SPEEDO HOLOGRAM
Female Superproback
719217 Girls 80$
719218 Ladies 80$
705217 Boys 44$
705218 Men 44$
719255 Female paper
705255 Boys paper
705256 Men paper
719260 Female 2-piece
001-black

O STREAMERS
Female Record breaker
719219 Girls 58$
719220 Ladies 60$
705219 Boys 26$
705220 Men 30$
719237 Female paper 80$
705237 Boys paper 48$
705238 Men paper 48$
P 719246 Female 2 pce 60$
P 720355 Male short 30$
720354 Female short *(n.s.)* 30$
001-black, 041-navy
P 742353 T-shirt 100% cotton
009-white, 842-ash

O TEAM PANEL
Female Fusionback
719109 Girls 46$
719110 Ladies 56$
705109 Boys 25$
705110 Men 30$
143-black/royal, 173-black/yellow, 196-black/red, 370-kelly/white, 401-navy/white, 407-navy/yellow, 418-navy/red, 458-royal/yellow, 541-royal/white, 633-red/white

R NEOTEK
719056 Top 26$
719055 Bottom 28$
001-black, 005-purple, 009-white, 041-navy, 076-orange, 311-lime, 313-citrus red, 347-teal, 455-royal, 547-orchid, 557-pacific blue, 663-shrimp

K

L

M

N

SUMMER SANDERS appears with the permission of United States Swimming.

O

P

O

R

TEAM DISCOUNT AVAILABLE!

TYR

All *Tyr* bathing suits are fully front lined.
The breakdown of sizes are:
Ladies : 32-40
Girls : 6-14
Men : 30-38
Boys : 6-14

Buy any 2 *Tyr* suits from pages 10, 11 & 21 and get 10% off

A AMAZON
Female Maxback

MAZ	Ladies	57$
MAZ	Girls	46$
RAZ	Men	27$
RAZ	Boys	20$

Blue/green, red/purple

B LAVA
Female Maxback

MLV	Ladies	57$
MLV	Girls	46$
RLV	Men	27$
RLV	Boys	20$

Green, purple, red, royal

C RACING PLAID
Female Maxback

MRP	Ladies	57$
MRP	Girls	46$
RRP	Men	27$
RRP	Boys	20$

Green, magenta, red, royal

D TROPIX
Female Maxback

MTI	Ladies	57$
MTI	Girls	46$
RTI	Men	27$
RTI	Boys	20$

Navy/combo, purple/fushia/orange, red/orange/green

E REVERSIBLE LAVA
Female Maxback

MRL	Ladies	70$

Black/Lava red, Black/Lava royal

REVERSIBLE TROPIX
Female Maxback

MRT	Ladies	70$

Navy/Tropix, black/Tropix

REVERSIBLE SOLID
Female Maxback

MRS	Ladies	58$

Black/red

F LEOPARD STRIPE
Female Maxback

MLP	Ladies	57$
MLP	Girls	46$
RLP	Men	27$
RLP	Boys	20$

Black/brites, navy/blue/pink

G DIAMOND LANES
Female Max & Flex back

Max		Flex		
MDL	Ladies	**FDL**	Ladies	57$
MDL	Girls	**FDL**	Girls	46$
RDL	Men	**RDL**	Men	27$
RDL	Boys	**RDL**	Boys	20$

Black/purple, black/red, navy/royal

TEAM DISCOUNT AVAILABLE!

H TROPIX WORKOUT BIKINI 57$
Sizes: XS-XL
purple/fuchsia/orange
red/orange/green
navy/combo
Not shown but also available:
WORKOUT BIKINI

LEOPARD STRIPE 57$
Black, navy

LAVA 57$
Purple, red, royal

SOLID 50$
Red, black, jade, royal

I LIGHTNING
Female Flexback

FLG	Ladies	52$
FLG	Girls	37$
RLG	Men	25$
RLG	Boys	18$

Black/blue, black/kelly, black/yellow, black/orange, black/purple, black/red, or any other color combination

J SOLID POLYESTER
Female Crossback

FPO	Ladies	33$
FPO	Girls	27$
RPO	Men	18$
RPO	Boys	15$

Black, royal, red, navy

J SOLID LYCRA
Female Maxback

FDV	Ladies	38$
FDV	Girls	29$
RSO	Men	20$
RSO	Boys	14$

J SOLID NYLON
Female Crossback

FSN	Ladies	28$
FSN	Girls	19$
RSN	Men	18$
RSN	Boys	13$

Black, red, royal, navy

K RELAY PANEL
Female Maxback

MRY	Ladies	52$
MRY	Girls	37$
RRY	Men	25$
RRY	Boys	18$

Black/red, black/multi, black/jade, black/magenta, black/royal, or any other color combination

L TEAM PANEL
Female Flexback

FTP	Ladies	52$
FTP	Girls	37$
RTP	Men	25$
RTP	Boys	18$

Black/red, black/yellow, kelly/white, navy/white, royal/yellow, royal/white, or any other color combination

M RACING PLAID PANEL
Female Maxback

PRP	Ladies	54$
PRP	Girls	39$
IRP	Men	25$
IRP	Boys	18$

Green, pink, red, royal

GOGGLES & ACCESSORIES

Before buying a goggle, make sure you know the shape of your eye socket: round of oval. You will "see" better...

ARENA
Ⓐ EQAA01
ULTRA-FLEX anti-fog
One piece; oval shape; hypoallergenic foam gaskets; split strap.
Clear, blue, grey, aqua
15,95$
mix & match & pay 14,35$

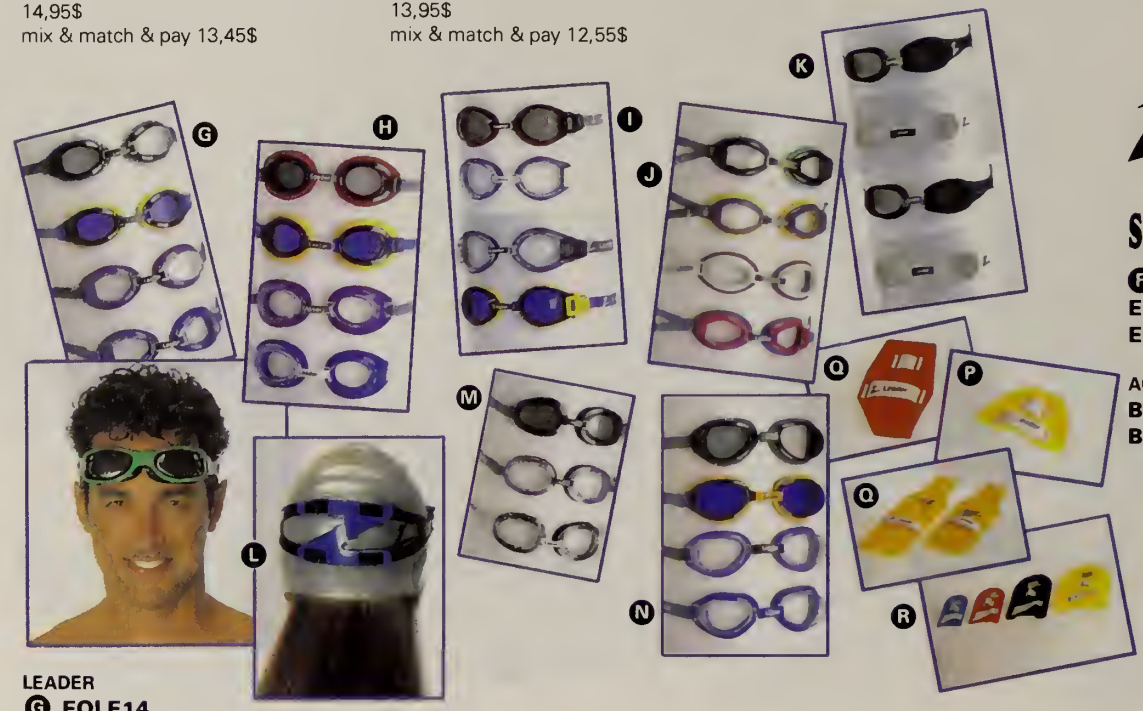
Ⓑ EQAA02
CHALLENGE anti-fog
Oval shape; soft foam gaskets; split strap
Pink/salmon, blue/purple, aqua/teal
14,95$
mix & match & pay 13,45$

Ⓒ EQAA03
DYNAMIC
Oval hydrodynamic shape; soft foam gaskets; split strap.
Blue, clear, grey, aqua, pink, lavender
13,95$
mix & match & pay 12,55$

BARRACUDA
Specially designed to match the gross anatomy of human bone structure. Features "infinitely" adjustable nose bridge, thick foam pads and double strapping.

Ⓓ BQ1115
B-300
Large oval shape.
Blue, clear, smoke, amber
24,95$
mix & match & pay 22,45$

Ⓔ BQ1116
STANDARD
Large round shape.
Blue, clear, smoke, amber
26,00$
mix & match & pay 23,40$



Leader®

SYNCHRO NOSE CLIPS

Ⓕ LEADER		4,00$
EQLE39	Large	
EQLE40	Small	
AQUASPORT		
BQ1165	Large	3,50$
BQ1249	With strap	3,00$

LEADER
Ⓖ EQLE14
NEO-STAR anti-fog
8,95$
mix & match & pay 8,05$
EQLE27
MICHIGAN (*not-shown*, black or clear)
Oval shape; neoprene gaskets.
5,95$
mix & match & pay 5,35$

Ⓗ EQLE22
HYDRO-STAR anti-fog
8,95$
mix & match & pay 8,05$
EQLE29
CHAMPLAIN (*not-shown*, black or clear)
Small round shape; neoprene gaskets. Great for children.
4,95$
mix & match & pay 4,45$

Ⓘ EQLE21
EXPRESS anti-fog
Large round shape; neoprene gaskets; split strap.
11,95$
mix & match & pay 10,75$

Ⓙ EQLE12
PRO-START anti-fog
Oval shape; neoprene gaskets; double strap
9,95$
mix & match & pay 8,95$

Ⓚ EQLE13
MONACO
Large oval shape; polyseal gaskets; wide strap.
35,00$
mix & match & pay 29,95$

Ⓛ EQLE19
PIVOT anti-fog
Large oval shape; Z-Strap system to redistribute tension; polyseal gaskets.
59,00$
mix & match & pay 53,00$

Ⓜ EQLE16
TOP HEAT anti-fog
Large oval shape; polyseal gaskets; split strap.
19,95$
mix & match & pay 17,95$

Ⓝ EQLE11
AMBASSADOR anti-fog
Large oval shape; neoprene gaskets; split strap.
17,95$
mix & match & pay 16,15$

Ⓠ HAND PADDLES		
EQPA21	Senior	8,95$
EQPA22	Junior	8,50$
Ⓟ PADDLES		
EQPA23	Senior	7,95$
EQPA24	Junior	6,50$
Ⓠ ARM PADDLES		
EQPA25	Senior	10,95$
EQPA26	Junior	9,50$
Ⓡ SUPER FORCE PADDLES		
EQPA27	Blue I	10,50$
EQPA28	Red II	11,50$
EQPA29	Black III	12,50$
EQPA30	Yellow IV	13,50$

TEAM DISCOUNT AVAILABLE!

ITECH®

A EQIT11
FREESTYLE NEON anti-fog
Oval shape; woven head band; polyseal gaskets.
8,95$
mix & match & pay 8,05$

B EQIT15
MASTER anti-fog
Large round shape; thick hypoallergenic foam gaskets.
20,95$
mix & match & pay 18,85$

C EQIT14
OMEGA anti-fog
One piece; oval shape; polyseal gaskets; wide strap; no adjustment required.
13,95$
mix & match & pay 12,55$

D EQIT12
MEDALY anti-fog
Oval shape; polyseal gaskets; extra wide strap.
8,95$
mix & match & pay 8,05$

E EQIT09
LASER
For serious swimmers only... no gaskets; double strap.
6,00$
mix & match & pay 5,40$

F EQIT19
JR. WAVE
Small round shape; neoprene gaskets.
4,95$
mix & match & pay 4,45$

G EQIT16
MEDALY PLUS anti-fog
Oval shape; contrasting polyseal colour; wide strap.
9,50$
mix & match & pay 8,55$

H EQIT10
LASER O
For serious competitors... no gaskets; special elastic nose piece.
6,00$
mix & match & pay 5,40$

I EQIT13
UNIQUE anti-fog
Large oval shape; moulded gaskets.
16,50$
mix & match & pay 14,85$

TEAM DISCOUNT AVAILABLE!

SPEEDO®

J EQAS10
PRO FOCUS OPTICAL
Goggle with corrective lenses. Diopter strengths from –1,5 to –8,0. Liquid anti-fog coating, hypo-allergenic neoprene seal, spare nose piece, headstrap and vinyl, storage case.
Clear.
29,95$
mix & match & pay 26,95$

K EQAS15
AQUAPRO anti-fog
Wide angle vision; oval shape; foam gaskets.
Blue, clear, smoke, emerald
13,95$
mix & match & pay 12,55$

L EQAS17
ULTRAVISION anti-fog
One piece goggle; no adjustments; wide strap.
Blue, aqua, clear, smoke
15,95$
mix & match & pay 14,35$

M EQAS23
SPRINT
Small oval shape; foam gaskets.
Blue, purple, aqua, clear, smoke, emerald.
7,95$
mix & match & pay 7,15$

N EQAS29
RELAY
Small round shape; foam gaskets.
Blue, purple, clear, smoke, aqua
5,95$
mix & match & pay 5,35$

O EQAS31
SWEDISH MASTER
Small oval shape; no gaskets.
Blue, clear, smoke, bright coral, bright green
5,95$
mix & match & pay 5,35$

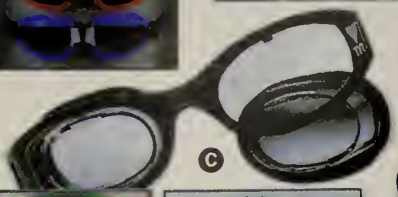
P EQAS52
WOMEN'S AQUA FITNESS anti-fog
Large oval shape; neoprene gaskets; fashionable lycra strap.
Purple, clear, emerald, aquamarine
15,95$
mix & match & pay 14,35$

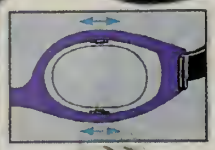
Q EQAS34
SWIM MITT 39,95$

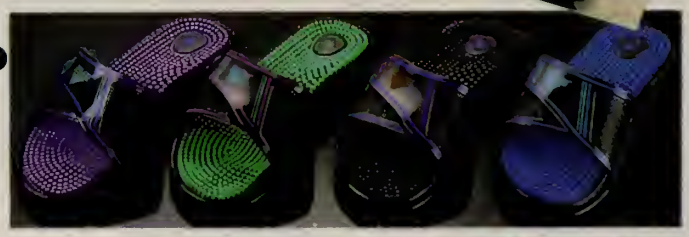
R EQPA11
TRAINING PADDLE 11,95$
Pink (XL), yellow (L), red (M), blue (S), orange (XS)

S EQPA12
PRO HAND PADDLE 17,95$
Green (L), yellow (S)

T EQAS53
CHAMOIS 21,95$







TYR

A EQAT11
ALPHA 1 anti-fog
One piece adjustable frame; polyvinyl gaskets; split strap.
15,50$
mix & match & pay 13,95$

B EQAT23
FEMME T-72 anti-fog
Anatomical oval shape design; soft foam gaskets; split strap.
15,00$
mix & match & pay 13,50$

C EQAT25
TYRMINATOR anti-fog
Custom fit flex frame; optical grade lenses; indoor-outdoor lens exchange and adjustment system. Includes clear and smoke lenses.
30,00$
mix & match & pay 26,95$

D EQAT16
ONE PIECE 6" PULL FLOAT 12,00$

E SENSI «SPORTSPONGE»
A moisturized towel that cools, dries and refreshes.
EQCH11 Large 27" x 9" 19,95$
EQCH12 Small 13" x 9" 15,95$

Specially formulated against chlorine.

G EQFI11
FINALS SHAMPOO 5,95$

F EQUS11
ULTRA SWIM SHAMPOO 6,95$

G EQFI12
FINALS CONDITIONER 5,95$

F EQUS12
ULTRA SWIM CONDITIONER 6,95$

G EQFI13
FINALS CHAMOIS 22,00$

TEAM DISCOUNT AVAILABLE!

SANDALS

Our brand name selection of sandals are the best on the market. Hygienic, light and cool, excellent for use on the deck, in the locker room, street or beach wear.

SENSI

EQSD11
SURF ICE *(not shown)* 23,95$
Black

H EQSD12
REGATTA 23,95$
Black, white, blue, red, aqua

I EQLE41
LEADER SANDALS 32,95$
Unique with antimicrobe protection; adjustable velcro closure.

J EQAT22
TYR MASSAGE 36,95$
Contoured "nubby" footbed gently massages foot during wear; adjustable velcro closure.
Black, teal, purple, blue
Full size 3-13

K EQAT21
TYR UTOPIA 38,95$
Anatomically designed dual-density for maximum comfort and durability.
Aqua, black, blue, magenta
Size: XS-XL

SPEEDO

L EQAS19
MALE SURF WALKER 39,95$
Surf/charcoal, black rock, sapphire, white/red/navy
Size: 8-13

L EQAS20
FEMALE SURF WALKER 39,95$
Surf/charcoal, black rock, teal/orchid, purple/teal
Size: 5-10

M EQAS12
MEN'S VELCRO STRIDER 25,95$
Royal, black, surf
Size: XS-XL

M EQAS13
WOMEN'S VELCRO STRIDER 25,95$
Purple/orange, orchid, teal/white, black
Size: XS-XL

N EQAS08
LADIES' CASUAL SURF WALKER 34,95$
Purple, turquoise, black rock
Size: 5-10

CAPS

SPEEDO

A BQ1092
LYCRA CAPS
Yellow, black, pink, royal, navy, orange, white, mint, turquoise, red, purple, lime
4,00$ buy 2 pay 3,50$

B BQ1093
LATEX CAPS
Black, red, white, royal, yellow, apple green, orange, purple, mint, navy, powder blue
1,75$ buy 2 pay 1,50$

C BQ1171
SILICONE CAPS
Sapphire, black, lilac, silver
10,00$ buy 2 pay 8,00$

D BQ1097
NEON CAPS
Lime, pink, yellow, da'glo orange

E CUSTOMIZED CAPS
We will custom print your team logo up to 5 colors.
EQBE11 LATEX
EQBE12 SILICONIZED / LATEX
EQBE13 NEON
EQBE14 SILICONE

F BQ1094
PEARLESCENT SILICONIZED LATEX CAPS
Bubble gum, lilac, silver, green

BAGS

Available in custom team colors. When ordering specify colors for: main body, ends, piping, handles, shoulder strap and printing. All bags are made of high quality nylon with a polyurethane coating. The handles wrap around the bag to provide strength and support. Prices include a 1 color print on both ends of the bag.

Show your colors in: black, burgundy, fluo green, fluo pink, gold, kelly, navy, orange, purple, royal, red, yellow, white.

TEAM DISCOUNT AVAILABLE!

G EQSE11
TRAINING BAG
l: 17.5" x w: 9" x h: 10"

H EQSE12
COMPETITION BAG
l: 20" x w: 9" x h: 10"
Includes an end pocket with zipper.

I EQSE13
DELUXE COMPETITION BAG
l: 23" x w: 9" x h: 10"
Includes 2 end pockets with zippers and 1 side pocket on each side between the handles.

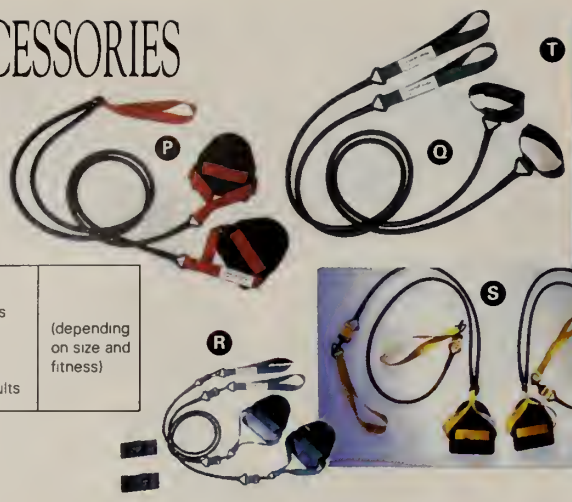
J EQSE14
TRAVELLING BAG
l: 24" x w: 11" x h: 17"
The best companion to travel with when you need space...

K EQSE16
COACHES PORTFOLIO
l: 16" x w: 3" x h: 13"
Compact design with divider, pen, pencil and calculator compartments.

TRAINING ACCESSORIES

StrechCordz are designed by a team of manufacturing engineers and world class competitors, and are unique strengh training devices for swimmers. Ideal for dryland exercices at home or on the deck.

Light Resistance	Silver	8-10 years	(depending on size and fitness)
	Gold	10-12 years	
	Green	13 and up	
	Red	15 and up	
Heavy Resistance	Blue	Strong Adults	



P AN4010
"STRECHCORDZ" WITH PADDLES
Designed to emulate a swimming pull. Have a good workout!
45,00$
buy any 2 pay 40,45$

Q AN4015
"STRECHCORDZ" WITH LEGSSTRAPS
A comfortable 2" wide strap for adduction, abduction, leg extension and leg curls.
45,00$
buy any 2 pay 40,45$

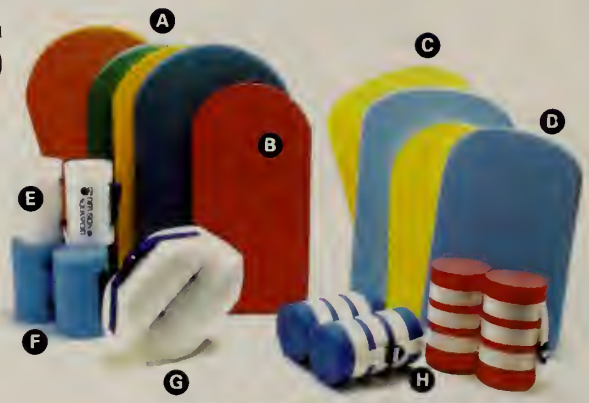
R AN4030
MINI MODULAR SET WITH PADDLES
Contains paddles, legstraps and mounting loops with 3' tubes.
49,00$
buy any 2 pay 44,00$

S AN4040
BREASTSTROKE MACHINE
A unique device for working both the outward and inward sweep in breaststroke pull.
59,00$
buy any 2 pay 53,00$

AN4020
"STRECHCORDZ" LONGBELT
A 2" waist belt and buckle attached to an 18 foot length of latex tubing for resistance and speed assisted swimming.
50,00$
buy any 2 pay 45,00$

T AN4025
"STRECHCORDZ" SHORTBELT
Same as the Longbelt but with a 4 foot length of heavy tubing. Wow! Good luck!
39,50$
buy any 2 pay 35,55$

KICKBOARDS & PULL BUOYS



RIGID KICKBOARDS
A AN2010 Adult 16,95$
B AN2015 Junior 14,95$

FLEXIBLE KICKBOARDS
C AN2020 Adult 16,95$
D AN2025 Junior 14,95$

«PULL BUOY»
E EQPP14 8,75$
ECONO JUNIOR
F EQPP13 9,50$
ECONO ADULT
G EQPP15 13,95$
LOW DRAG
H EQPP16 24,00$
DELUXE STRIPED

CHILDREN'S TEACHING AIDS

To facilitate the learning of swimming for children.
To give confidence to the frightened child.

I AN1010 20,00$
SWIM BAR
J AN1020 20,00$
KICKROLLER
K AN1030 12,95$
GERMAN SWIMWINGS
Excellent quality
Sizes : S-XL
L AN1035 7,95$
REGULAR SWIMWINGS SR
M AN1036 7,50$
REGULAR SWIMWINGS JR

N AN1040 22,95$
SWIM BUOY
With plastic buckle
O AN1052 14,95$
TUBULAR BELT
5 removable closed cell foam pieces, colourful.

WATER PLEASURES

Public pools, water slides and wave pools can not destroy our unsinkable play mats. Kids love it!

U JX8056 79,00$
ANIMAL SHAPE
Duck, whale, pig.

JX8052 *(not shown)* 75,00$
REGULAR RAFT 33" X 36"
buy 3 pay 69,00$ ea.
V JX8053 95,00$
LARGE PLAY RAFT 29" X 60"
buy 3 pay 85,00$ ea.
JX8054 155,00$
GIANT RAFT 40" X 80"

W JX9019 12,95$
TUBALLO
Excellent for recreationnal or teaching activities. It's a must for the kids!

FINS, MASKS & SNORKELS

Excellent for training or recreational swimming

FINS
A AP1011 14,00$ to 19,00$
Rubber, 1-13
B AP1021 24,00$ to 29,00$
Silicone, 3-13
C AP1019 17,00$
Pro-short, 1-13
D AP1017 Junior 2-4 3,95$
E AP1018 Junior 4-6 7,95$

MASKS
F AP1490 Rubber 12,95$
G AP1503 Rubber 15,95$
H AP1730 Silicone 21,95$
I AP1555 Silicone 18,95$

SNORKELS
J APDS40 Econo 7,95$
K APDS55 Rubber 9,95$

STOPWATCHES

A AO605XE 43,00$
Event display total time to 10 hours, with time-out on its super large sprint display.

AO625XCL 47,00$
(not shown)
Split display CUM and LAP splits to 10 hours.

B AO625XM 69,00$
Same as AO625XCL with 8 dual/split memory.

C AO705X 55,00$
Split event display first 10 minutes and total time to 10 hours with time-out function. New left and right hand operation.

D AO725X3 69,00$
Dual split display; CUM splits to 24 hours and LAP splits to 10 hours; super large sprint display; 10 memory display. New left and right hand operation.

E AO736X 79,00$
Lap speed and average speed; dual split, 24 hours range. Translates time into speed.

F AO760X3 109,00$
CUM splits and LAP splits to 10 hours. Recalls 100 dual splits. Outstanding for the price.

G AO1070 195,00$
SEIKO
Digital 10-hour stopwatch. Stores and recalls up to 100 split/lap time. Memory recall during operation. Stroke/frequency measurement function. Large-sized three-row display panel. Battery life indicator.

H AO1060 23,95$
ECONOMICAL QS-1
Large display; split function; shock protected.

AO1065 32,95$
BUDGET QS-2 *(not shown)*
Same as AO1060 with lap times.

I PELICAN PROTECTOR CASES
Recommended as protection for your stopwatches; tough, watertight and dustproof; made of light weight structural resin. Supplied complete with pre-scored pick n'pluck foam or padded dividers.
Silver, charcoal, orange, blue, yellow
AO1300
10" L × 7,5" W × 6,5" D, 2,5 lbs
AO1400
12" L × 9" W × 5" D, 4 lbs
AO1500
18" L × 12" W × 6" D, 7 lbs
AO1550
19" L × 14" W × 8" D, 10 lbs

PACE CLOCKS

4 sweep hands and returnable minute indicator. Reliable electric movement.

EP0509 429,00$
WALL MODEL

J EP0510 449,00$
STAND MODEL

EP0511 129,00$
REPLACEMENT MOTOR

EP0512 69,00$
REPLACEMENT SECOND FINGERS (4)

EP0513 29,00$
REPLACEMENT MINUTE FINGER

K EP0520 259,00$
15" PORTABLE PACE CLOCK
Battery C operated.

OFFICIAL'S

L AO1010 59,00$
BACKSTROKE FLAGS
Outstanding quality vinyl flags, nylon rope. 50 feet.
Royal, white, red, yellow or green

M AO1020 50,00$
LAP COUNTER

N AO1030 135,00$
STARTING PISTOL
German quality, 22 caliber.

AO1035 *(not shown)* 8,99$
BOX OF 100 BLANKS

WATER POLO

CAPS

AW1010
I-TECH CAPS *(not shown)*
Economical and durable.
Sets of 13 (1 red and 12 white or blue).

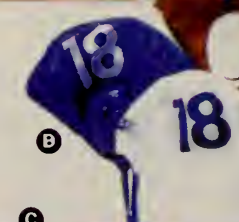
A AW1020
DIANA CAPS
High quality, very comfortable, made of expandable lycra.
Sets of 13 (1 red and 12 white or blue).

B AW1030
SPEEDO CAPS
100% polyester with soft ear guards.
Sets of 18 caps (1 red and 17 white or blue) or sold individually (pair).

AW1035
EPSAN CAPS *(not shown)*
Good quality caps at an affordable price.
Sets of 13 (1 red and 12 white or blue).

C AW1025
TYR CAPS
100% polyester.
Full sets of 36 caps (2 red, 17 white and 17 blue).

BQ1146 18,00$
MAILLOT DE WATER POLO TYR
100% nylon; fully lined front and back.
Black, navy, red, royal.



BALLS

AW1050 38,95$
MIKASA 6009 (women) *(not shown)*
D AW1060 39,95$
MIKASA 6000 (men)

E AW1051 34,95$
EPSAN COMPETITION #4 (women)
F AW1061 34,95$
EPSAN COMPETITION #5 (men)
G AW1070 19,00$
ECONOMICAL CONTI

TRAINING BALLS
(not shown)
AW1052 24,00$
EPSAN CLUB #4 (women)
AW1062 24,00$
EPSAN CLUB #5 (men)

AW1080 30,00$
DELUXE REFEREE FLAG
Unscrewable in 2 pieces for easy packing in your bag. Strong and light aluminium frame.

AW1090 150,00$
OFFICIAL DELIMITATION FLAG SET
10 white, 2 blue, 7 red, 4 yellow and 2 deluxe referee flags.

H AW1091 79,00$
ECONOMICAL OFFICIAL SET
3 red, 3 white, 1 blue and 2 referee flags.

GOALS

All goals conform with F.I.N.A. requirements. For further information, enquire with our customer service.

EP6010
FLOATING GOAL
EP6020
FIXED GOAL *(not shown)*
EP6030
NETS *(pr.)*

WHISTLES

I SA3010 4,95$
MINI FOX 40

J SA3020 5,95$
FOX 40 CLASSIC

K SA3025 3,25$
REGULAR METAL

L SA3030 1,95$
LANYARD

COMPETITOR RACING LANES

M

EP1010 25 METRES
EP1011 50 METRES
EP1012 60 FEET
EP1013 75 FEET

N

The NEW GOLD MEDAL RACING LANE has over 25% more reflective surface area than other lanes on the market today and meets the new FINA standards for competition. It has been selected as the official racing lane for use during the 1992 summer olympic games in Barcelona, Spain.

EP1015 25 METRES
EP1016 50 METRES
EP1017 60 FEET
EP1018 75 FEET

O EP1020
STORAGE REEL
Fiberglass reels with steel camage frame. Complete with free-rolling lockable wheels. Stores up to six 25 m lanes

EP1021 *(not shown)*
STAINLESS STEEL STORAGE REEL
Same as EP1020 but completely made out of stainless steel

EP1030
STORAGE REEL COVER
(not shown)

REPLACEMENT PARTS
EP1040
25 M LANE LINE CABLE PRECUT
EP1041
CABLE, VINYL COVERED, 3/16"
EP1050
RATCHET TAKE-UP REEL
EP1060
SPRING & CLAMP ASSEMBLY
EP1070
"S" HOOK
EP1075
EXTENSION "S" HOOK 8" OR 14"
EP1080
RATCHET TAKE-UP WRENCH
EP1090
BODY SEGMENT
EP1091
GOLD MEDAL BODY SEGMENT
EP1100
DONUT SEGMENT
EP1101
GOLD MEDAL DONUT SEGMENT

POOL EQUIPMENT

Diffusion Aquasport serves the Aquatic community with an extensive range of superior quality equipment such as:

- lifeguarding material and chairs
- starting platforms
- diving stands and boards
- adapted access equipment
- ladders and grab rails
- inflatable structures
- recreational and educational games
- and more...

Here are some of our innovative products:

Ⓐ EP4040
STORAGE TROLLEY
Made up of metal grills and treated with a yellow zinc anti-rust paint and then painted.
60" x 27" x 28".

EP4045
MINI STORAGE TROLLEY *(not shown)*
Same specifications as EP4040 but smaller: 30" x 27" x 28".

Ⓑ EP5050
STORAGE BASKET
Designed to hold smaller objects inside the trolley.

Ⓒ JX8016
MOBILE SLIDE
Elegant, modern and solid design. No corrosion, discoloration or flaking. Can be easily moved and stored using built-in wheels at the base of the slide. Rounded edges and non-skid steps for greater safety. Ask for our special brochure.

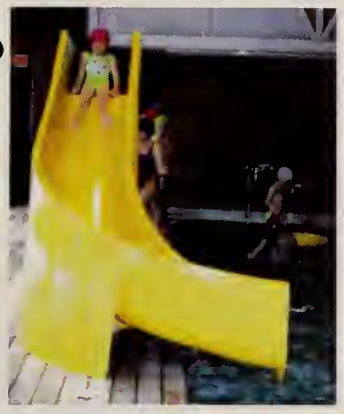
Ⓓ JX9014
SPLASH & SLAM BASKETBALL
The state-of-the-art, regulation pool basketball set, for very young to adult players. Four-way leveling system accommodates sloped poolside surfaces. Made of polyethylene, impact resistant fiberglass and rust-proof stainless steel. The molded plastic base weighs 500 lbs when filled with water; unmovable when filled and lightweight when empty. Excellent for commercial use. Three-year warranty.

Ⓔ JX9023
SPLASH & SHOOT BASKETBALL
An economical version of the SPLASH & SLAM, just as fun...

Ⓕ JX9024
SPLASH & SHOOT COMBO KIT
Converts your SPLASH & SLAM or SPLASH & SHOOT set into a regulation water volleyball set. Kit includes an easy-to-use conversion kit for your stand, 1 WaterVolley stand, a heavy-duty, 27' net with lengh customizing kit and ball.

JX9025 *(not shown)*
SPLASH & SLAM COMBO KIT

Ⓐ Ⓑ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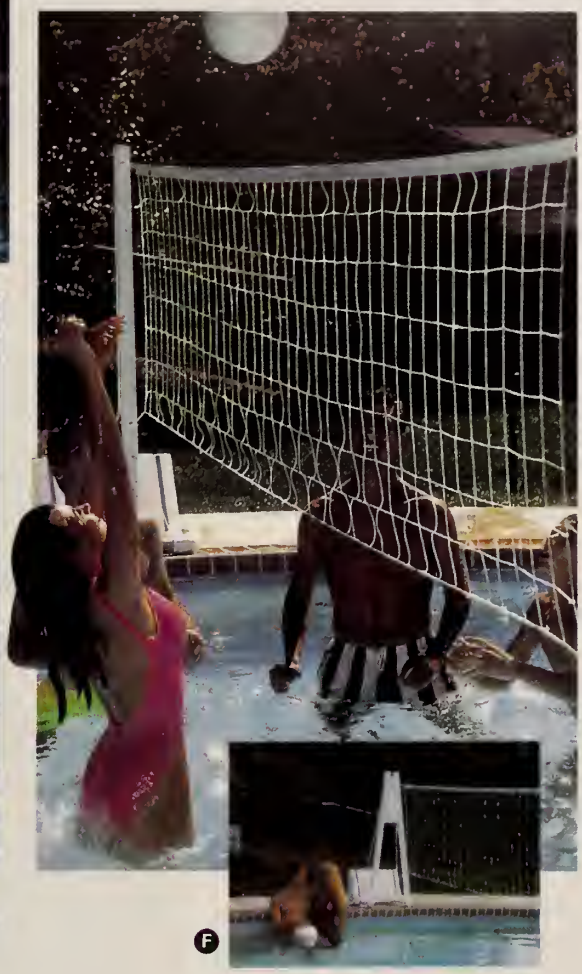
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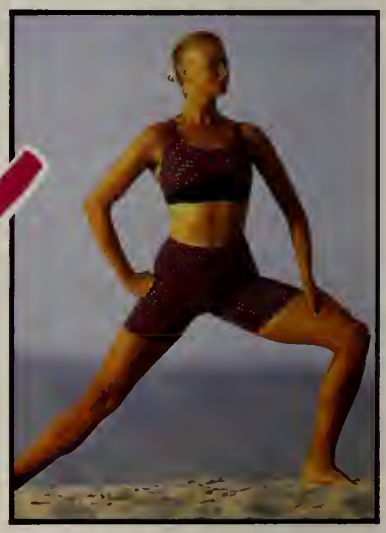
Ⓖ JX9015
WATERVOLLY
Portable regulation size pool volleyball set including 2 sturdy PVC and stainless steel stands, heavy-duty net and ball. Net height adjustable to 44", 49", 54" or 59". Stands weigh 75 lbs each when filled with water.

AUTOMATIC POOL CLEANERS

Ⓗ The fully automatic commercial swimming pool cleaners that do it all... vacuum, scrub and filter.

- no installation
- built in filtration system
- vacuums up all types of dirt and debris
- requires no supervision
- vacuums and scrubs hard-to-reach areas
- cleans any type of pool surface (bottoms & walls)
- heavy duty reusable filter bag
- 2 microns filter rating
- light weight
- equipped with its own 24 volts transformer
- fully warranteed
- 10 models available

AUTHENTIC FITNESS SPEEDO®



A SOLID MID TOP
940101 30$

B SOLID JAMMER
845085 30$
001-black, 005-purple, 006-red, 009-white, 030-charcoal, 076-orange, 088-ash, 347-teal, 455-royal, 710-mango

C SOUTHWEST THONG
845051 40$
001-black, 030-charcoal, 088-ash

C SOLID LEGGING
845081 36$
001-black, 005-purple, 030-charcoal, 347-teal, 088-heather grey, 455-royal

D

ANORAK
940127 99$

BRA TOP
845054 30$

PANTS
940133 50$

TOTE
752133 n/a
001-black, 030-charcoal, 088-ash

LEOTARD
845050 40$

CAPRI
845057 34$

E SOLID LEOTARD
738174 45$
001-black, 005-purple, 347-teal, 547-orchid, 663-shrimp

F TECHNO GRID BRA
738241 40$

TECHNO GRID JAMMER
738245 45$
001-black

AQUA FITNESS
SPEEDO

Buy any 2 *Speedo* suits from pages 8, 9 & 21 and get 10% off

A TECHNO FAN
Female Splashback
719291 Girls 56$
719292 Ladies 60$
Female Crossback
723331 Ladies 60$
B 705291 Boys 33$
B 705292 Men 36$
001-black, 005-purple, 041-navy, 455-royal, 547-orchid (female only)

C AQUA CHECK
Female Crossback
723330 Ladies 45$
001-navy, 347-teal, 005-purple, 455-royal, 001-black, 547-orchid

D MAI TAI
Female Racerback
723439 Ladies 69$
001-black

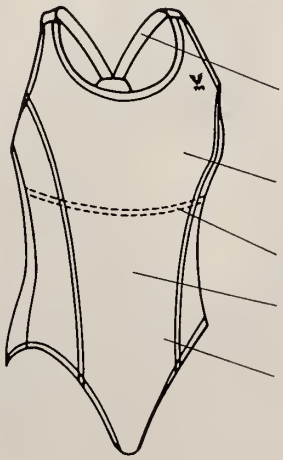
E FIJI
723400 Contourback 65$
723401 Crossback 69$
001-black, 005-purple, 076-orange, 347-teal, 547-orchid

SALSA SPLICE *(not shown)*
Ultraback
723441 Ladies 69$
001-black

TANGO TANK *(not shown)*
Female Crossback
723443 Ladies 69$
001-black, 005-purple, 557-pacific blue, 663-shrimp

TYR.

Buy any 2 *Tyr* suits from pages 10, 11 & 21 and get 10% off



TECHNICAL SUPPORT
1. **Elastic shoulder straps:** offer vertical support, more confortable custom fit and allow independent back movement.
2. **Unique molded bra** provides optimum bust support, superior comfort and... freedom of motion.
3. **Elastic stabilizing band** supplies additional bust support.
4. **Fully front lined** with 40 denier spandex to increase suit durability and minimize transparency.
5. **Princess seams** maximize shaping and slimming.

F TECHNICAL SUPPORT SOLID 48$
Sizes: 32-42
Black, jade, royal

G TECHNICAL SUPPORT LAVA 59$
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G TECHNICAL SUPPORT TROPIX 59$
Sizes: 32-42
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A TROPIX WITH PAD 30$
Comfortable pad for biking.
Navy, fushia, green

B TROPIX RUNNING SHORT
Supplex; coolmax liner
Sizes: Male: S-XL 37$
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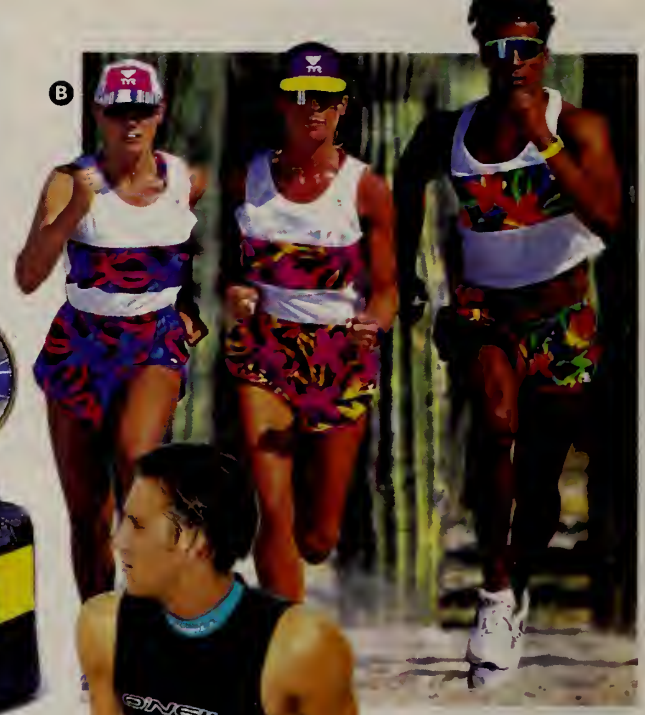
B TROPIX MALE SHIMMEL
Coolmax mini mesh
Sizes: Male: S-XL 18,50$

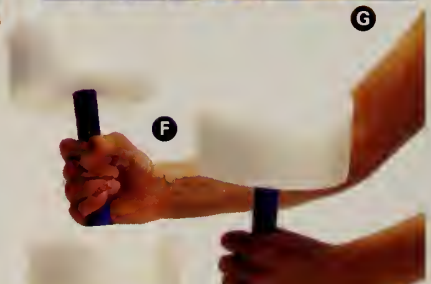
B FEMALE TROPIX SINGLET
Coolmax mini mesh
Sizes: Female: S-L 18,50$

All of the above clothing are available in the Lava print.

C TRIATHLON BAG 99$
The ultimate compartmentalized triathlon bag features equipment checklist, ventilated side pockets, water bottle pocket and bike pump pocket. 34" × 11" × 11".
Black

D WET-SUIT "O'NEAL" 1[illegible]
Made of 3 mm neoprene; zipper on back; velcro at neck; excellent quality.





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E TUFFBELLS
These brightly colored dumbells bring new life to traditional black and grey metal weights. 2 individual weights from 1 lb to 10 lb. Covered with vinyl, they can even be used in the water.

AN5011	1 LB	11,99$
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F AN3070 19,95$ pr.
"FLOATING DUMBELLS"
Light and buoyant, it uses the principle of a under water resistance to tone the upper body muscles.

G HYDRO-TONE
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AN3020 59,00$ pr.
HYDRO-BELLS
AN3030 299,00$
HYDRO-TONE KIT
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H AN4000 12,95$ pr.
FLEXOR
Made from latex with foam handles, the flexor will offer a resistance in relation to the range of motion of your movement. Great for shoulders and upper back.

I JX8058 39,00$
FITNESS MAT
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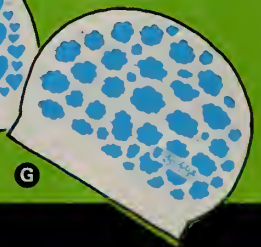

G

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100 METRES BREASTSTROKE
1:21.60 Thomas Zochowski,12,NYAC
1:22.23 Yoni Feingold,11,PCSC
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200 METRES BREASTSTROKE
2:54.59 John Lim,11,COBRA
2:55.34 David Quane,12,PCSC
2:58.03 Yoni Feingold,11,PCSC
100 METRES BUTTERFLY
1:08.67 Mark Wyjad,12,PCSC
1:09.81 Eric Gabsch,12,TOMAC
1:14.31 John Calnan,12,NYAC
200 METRES BUTTERFLY
2:34.28 Mark Wyjad,12,PCSC
2:44.11 Glen Steacy,12,LAC
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200 METRES IND.MEDLEY
2:26.53 Mark Wyjad,12,PCSC
2:31.00 Cory Bardossy,12,HWAC
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400 METRES IND.MEDLEY
5:01.61 Mark Wyjad,12,PCSC
5:18.66 Cory Bardossy,12,HWAC
5:29.32 Richard Bauer,12,BRANT
4X50 M MEDLEY RELAY
2:14.58 Pointe Claire SC,PCSC
2:17.80 Brantford AC,BRANT
2:18.48 North York AC,NYAC
4X50 M FREE RELAY
1:57.82 Pointe Claire SC,PCSC
2:00.67 Hamilt-Wentworth AC,HWAC
2:03.22 North York AC,NYAC

Girls 11-12
50 METRES FREESTYLE
28.29 Michelle Cruz,12,ACE
29.47 Katie Mazzucco,12,PEPSI
29.77 Tanya Barudzija,12,MAC
100 METRES FREESTYLE
1:02.29 Michelle Cruz,12,ACE
1:02.82 Elaine Estrada,12,NYAC
1:03.49 Tanya Hunks,12,HWAC
200 METRES FREESTYLE
2:12.57 Michelle Cruz,12,ACE
2:13.53 Tanya Hunks,12,HWAC
2:13.86 Elaine Estrada,12,NYAC
400 METRES FREESTYLE
4:41.10 Elaine Estrada,12,NYAC
4:42.29 Tanya Hunks,12,HWAC
4:55.63 Terri A. Schwager,12,WAC
100 METRES BACKSTROKE
1:10.82 Michelle Cruz,12,ACE
1:11.95 Elaine Estrada,12,NYAC
1:12.54 Katie Mazzucco,12,PEPSI
200 METRES BACKSTROKE
2:28.08 Michelle Cruz,12,ACE
2:30.88 Elaine Estrada,12,NYAC
2:35.69 Katie Mazzucco,12,PEPSI
100 METRES BREASTSTROKE
1:19.92 Kerry Cregan,12,PCSC
1:19.98 Tanya Barudzija,12,MAC
1:20.57 Adrienne Hafemann,11,ROW
200 METRES BREASTSTROKE
2:51.55 Kerry Cregan,12,PCSC
2:53.70 Jenny Henderson,12,TAT
2:53.70 Tanya Barudzija,12,MAC
100 METRES BUTTERFLY
1:09.99 Kate Ingram,12,PCSC
1:10.41 Elaine Estrada,12,NYAC
1:10.56 Tanya Hunks,12,HWAC
200 METRES BUTTERFLY
2:32.57 Tanya Hunks,12,HWAC
2:32.69 Kate Ingram,12,PCSC
2:41.28 Kim Boland,12,HWAC
200 METRES IND.MEDLEY
2:30.87 Elaine Estrada,12,NYAC
2:30.93 Tanya Hunks,12,HWAC
2:34.59 Jenny Henderson,12,TAT
400 METRES IND.MEDLEY
5:16.73 Tanya Hunks,12,HWAC
5:19.49 Elaine Estrada,12,NYAC
5:20.26 Jenny Henderson,12,TAT
4X50 M MEDLEY RELAY
2:14.98 Pointe Claire SC,PCSC
2:16.56 Pepsi Swimming,PEPSI
2:16.58 Hamilt-Wentworth AC,HWAC
4X50 M FREE RELAY
2:02.47 Hamilt-Wentworth AC,HWAC
2:03.83 Pointe Claire SC,PCSC
2:04.00 Pepsi Swimming,PEPSI

Boys 13-14
50 METRES FREESTYLE
24.14 Garret Pulle,14,MAC
24.62 Dennis Lau,14,MAC
25.11 Andrew Munro,14,PEPSI
100 METRES FREESTYLE
53.65 Garret Pulle,14,MAC
55.40 Andrew Munro,14,PEPSI
56.41 Dennis Lau,14,MAC
200 METRES FREESTYLE
1:57.68 Garret Pulle,14,MAC
1:59.72 Jamie White,14,LAC
2:03.40 William Sutherland,13,AAC
400 METRES FREESTYLE
4:11.60 Jamie White,14,LAC
4:18.20 Andrew Munro,14,PEPSI
4:27.17 Trevor Grieve,14,NYAC
100 METRES BACKSTROKE
58.08 k Garret Pulle,14,MAC
1:03.68 Jamie White,14,LAC
1:04.58 Trevor Grieve,14,NYAC
200 METRES BACKSTROKE
2:10.23 Jamie White,14,LAC
2:12.57 Garret Pulle,14,MAC
2:20.10 Anthony Tham,14,NYAC
100 METRES BREASTSTROKE
1:08.65 Brad Mori,14,MAC
1:08.80 Dennis Lau,14,MAC
1:09.54 Branko Suric,13,PEPSI
200 METRES BREASTSTROKE
2:28.82 Dennis Lau,14,MAC
2:33.22 Brad Mori,14,MAC
2:35.42 Jamie White,14,LAC
100 METRES BUTTERFLY
56.89 k Garret Pulle,14,MAC
1:00.04 Dennis Lau,14,MAC
1:01.92 Anthony Tham,14,NYAC
200 METRES BUTTERFLY
2:18.28 Jamie White,14,LAC
2:22.23 Ivgeny Loganov,14,CAMO
2:24.15 Rob Harland,14,TAT
200 METRES IND.MEDLEY
2:14.10 Garret Pulle,14,MAC
2:16.24 Dennis Lau,14,MAC
2:18.52 Jamie White,14,LAC
400 METRES IND.MEDLEY
4:42.55 Jamie White,14,LAC
5:01.10 Ryan Skomorowski,14,BRANT
5:06.35 Trevor Grieve,15,NYAC
4X50 M MEDLEY RELAY
1:53.04 Markham AC,MAC
2:01.89 North York AC,NYAC
2:02.45 Pepsi Swimming,PEPSI
4X50 M FREE RELAY
1:41.35 Markham AC,MAC
1:46.99 Pepsi Swimming,PEPSI
1:47.52 City of Brampton AC,COBRA

Girls 13-14
50 METRES FREESTYLE
27.23 Laura Nicholls,14,ROW
27.92 Nicole Davey,13,MAC
28.38 Jennifer Button,14,ROW
100 METRES FREESTYLE
59.34 Laura Nicholls,14,ROW
1:00.72 Nicole Davey,13,MAC
1:01.11 Willa Bostock,14,PEPSI
200 METRES FREESTYLE
2:10.79 Angie Hooker,14,LAC
2:12.31 Marie-H. Savo,14,CAMO
2:13.49 Elaine Duranceau,13,PCSC
400 METRES FREESTYLE
4:34.52 Angie Hooker,14,LAC
4:34.54 Michelle Prosek,14,HWAC
4:36.69 Sarah Watson,13,HWAC
100 METRES BACKSTROKE
1:06.00 Marie-H. Savo,14,CAMO
1:08.16 Amy Pawson,14,PCSC
1:10.83 Ana Cenanovic,14,TOMAC
200 METRES BACKSTROKE
2:24.69 Amy Pawson,14,PCSC
2:25.29 Marie-H. Savo,14,CAMO
2:28.48 Laura Nicholls,14,ROW
100 METRES BREASTSTROKE
1:15.20 Willa Bostock,14,PEPSI
1:17.77 Alina Toma,13,AAC
1:20.15 Jessica Smith,14,BRANT
200 METRES BREASTSTROKE
2:43.43 Willa Bostock,14,PEPSI
2:47.07 Alina Toma,13,AAC
2:50.31 Kristin Keery,14,COBRA
100 METRES BUTTERFLY
1:07.21 Nicole Davey,13,MAC
1:08.34 Tanya Stachiw,13,PEPSI
1:08.73 Carly Porter,14,COBRA
200 METRES BUTTERFLY
2:27.56 Gena Milligan,13,MAC
2:27.69 Jane Axford,14,TOMAC
2:27.85 Cori Upson,14,HWAC
200 METRES IND.MEDLEY
2:28.09 Laura Nicholls,14,ROW
2:28.96 Jane Axford,14,TOMAC
2:29.21 Marie-H. Savo,14,CAMO
400 METRES IND.MEDLEY
5:08.39 Gena Milligan,13,MAC
5:08.69 Jane Axford,14,TOMAC
5:18.95 Angelina Wood,14,PCSC
4X50 M MEDLEY RELAY
2:08.62 Pepsi Swimming,PEPSI
2:11.93 Pointe Claire SC,PCSC
2:12.71 Hamilt-Wentworth AC,HWAC
4X50 M FREE RELAY
1:54.51 City of Brampton AC,COBRA
1:54.65 Pepsi Swimming,PEPSI
1:56.64 Hamilt-Wentworth AC,HWAC

Boys 15-17
50 METRES FREESTYLE
23.94 Kris Fisher,16,MAC
24.63 Alex Shleifman,17,NYAC
24.66 Mischa Sommerville,16,AAC
100 METRES FREESTYLE
53.98 Kris Fisher,16,MAC
54.01 Owen VonRichter,17,PEPSI
55.26 Adam Porteous,15,MAC
200 METRES FREESTYLE
1:56.13 Jeremy Sparrow,17,BOSS
1:58.68 David Fogel,16,MAC
1:58.70 Liam Weseloh,17,NYAC
400 METRES FREESTYLE
4:03.32 Owen VonRichter,17,PEPSI
4:04.64 Liam Weseloh,17,NYAC
4:09.00 Jeremy Sparrow,17,BOSS
100 METRES BACKSTROKE
58.29 Kris Fisher,16,MAC
1:01.00 David Fogel,16,MAC
1:01.71 Peter Hezky,17,WAC
200 METRES BACKSTROKE
2:09.40 Kris Fisher,16,MAC
2:10.48 Doron Fishman,15,NYAC
2:10.83 Neil Baker,15,ROW
100 METRES BREASTSTROKE
1:08.32 Vaughn Thompson,17,PEPSI
1:08.34 Avi Mednick,15,NYAC
1:09.19 Gordon Ngan,17,NYAC
200 METRES BREASTSTROKE
2:25.74 Avi Mednick,15,NYAC
2:27.27 Glendon Flint,17,TAT
2:32.02 Dirk Helmstaedt,16,KBM
100 METRES BUTTERFLY
59.21 Owen VonRichter,17,PEPSI
59.84 Sean Bartlett,16,ROW
1:00.30 Alex Shleifman,17,NYAC
200 METRES BUTTERFLY
2:11.47 Owen VonRichter,17,PEPSI
2:13.00 Sean Cargin,15,LAC
2:16.16 Peter Hezky,17,WAC
200 METRES IND.MEDLEY
2:10.43 Owen VonRichter,17,PEPSI
2:14.28 Peter Hezky,17,WAC
2:14.90 Kris Fisher,16,MAC
400 METRES IND.MEDLEY
4:41.33 Avi Mednick,15,NYAC
4:43.88 Michael McWha,15,WAC
4:44.18 Liam Weseloh,17,NYAC
4X50 M MEDLEY RELAY
1:50.29 Markham AC,MAC
1:52.53 Pepsi Swimming,PEPSI
1:55.26 Windsor AC,WAC
4X50 M FREE RELAY
1:37.42 Markham AC,MAC
1:41.73 North York AC,NYAC
1:41.94 Pepsi Swimming,PEPSI

Girls 15-17
50 METRES FREESTYLE
26.55 Julie Howard,16,BRANT
27.03 Joanne Malar,17,HWAC
27.62 Edith Lachapelle,16,DH
100 METRES FREESTYLE
57.92 Julie Howard,16,BRANT
58.14 Joanne Malar,17,HWAC
59.06 Lisa Virgini,16,PCSC
200 METRES FREESTYLE
2:03.92 Joanne Malar,17,HWAC
2:05.82 Holly McComb,16,PCSC
2:07.39 Lisa Virgini,16,PCSC
400 METRES FREESTYLE
4:19.95 Joanne Malar,17,HWAC
4:25.29 Lisa Virgini,16,PCSC
4:27.15 Stephanie Richardson,15,NYAC
100 METRES BACKSTROKE
1:03.36 Julie Howard,16,BRANT
1:04.71 Joanne Malar,17,HWAC
1:04.85 Lisa Virgini,16,PCSC
200 METRES BACKSTROKE
2:15.44 Joanne Malar,17,HWAC
2:17.14 Lisa Virgini,16,PCSC
2:18.65 Julie Howard,16,BRANT
100 METRES BREASTSTROKE
1:14.08 Stephanie Richardson,15,NYAC
1:14.58 Ellen Grams,15,AAC
1:14.96 Christa Schellenberg,17,PCSC
200 METRES BREASTSTROKE
2:38.68 Anne Blachford,16,COBRA
2:40.91 Stephanie Richardson,15,NYAC
2:41.27 Christa Schellenberg,17,PCSC
100 METRES BUTTERFLY
1:05.20 Lisa Virgini,16,PCSC
1:05.42 Shona Kitson,15,WAC
1:06.69 Holly McComb,16,PCSC
200 METRES BUTTERFLY
2:22.88 Shona Kitson,15,WAC
2:25.93 Kelly Stevens,17,PEPSI
2:26.38 Lisa Virgini,16,PCSC
200 METRES IND.MEDLEY
2:18.11 Joanne Malar,17,HWAC
2:21.67 Julie Howard,16,BRANT
2:22.82 Holly McComb,16,PCSC
400 METRES IND.MEDLEY
4:50.56 Joanne Malar,17,HWAC
4:58.86 Julie Howard,16,BRANT
5:00.89 Stephanie Richardson,15,NYAC
4X50 M MEDLEY RELAY
2:05.90 Brantford AC,BRANT
2:07.06 North York AC,NYAC
2:08.23 Pepsi Swimming,PEPSI
4X50 M FREE RELAY
1:52.09 Region of Waterloo,ROW
1:52.44 Brantford AC,BRANT
1:53.57 North York AC,NYAC

18 & Over Men
50 METRES FREESTYLE
24.06 Nick Luck,18,MAC
24.59 Frank Samel,19,PEPSI
24.61 Steven Georgiev,18,BRANT
100 METRES FREESTYLE
53.31 Frank Samel,19,PEPSI
53.49 Darren Ward,23,NYAC
54.70 Peter Smith,20,LAC
200 METRES FREESTYLE
1:55.56 Darren Ward,23,NYAC
1:58.18 Simon Eberlie,18,LAC
1:59.39 Nick Luck,18,MAC
400 METRES FREESTYLE
4:03.18 David McLellan,19,LAC
4:09.39 Frank Samel,19,PEPSI
4:12.12 Matthew Cardwell,18,PCSC
100 METRES BACKSTROKE
1:00.55 Joe DiUbaldo,18,HWAC
1:00.72 Mac Fraser,18,NYAC
1:02.05 Matthew Cardwell,18,PCSC
200 METRES BACKSTROKE
2:07.53 Darren Ward,23,NYAC
2:08.65 Shawn Button,18,ROW
2:11.22 Mac Fraser,18,NYAC
100 METRES BREASTSTROKE
1:10.53 Mac Fraser,18,NYAC
200 METRES BREASTSTROKE
2:27.40 Scott Wassmer,18,TOMAC
2:29.25 Michael Moore,19,COBRA
2:31.12 Mac Fraser,18,NYAC
100 METRES BUTTERFLY
57.26 Darren Ward,23,NYAC
58.76 Frank Samel,19,PEPSI
59.25 Simon Eberlie,18,LAC
200 METRES BUTTERFLY
2:08.70 Frank Samel,19,PEPSI
2:09.53 Simon Eberlie,18,LAC
2:11.93 Steve Watson,18,WAC
200 METRES IND.MEDLEY
2:09.89 Mac Fraser,18,NYAC
2:10.45 Darren Ward,23,NYAC
2:12.72 Frank Samel,19,PEPSI
400 METRES IND.MEDLEY
4:33.23 Darren Ward,23,NYAC
4:39.24 Mac Fraser,18,NYAC
4:53.64 Simon Eberlie,18,LAC
4X50 M MEDLEY RELAY
1:50.51 North York AC,NYAC
1:54.36 Pepsi Swimming,PEPSI
1:56.32 London AC,LAC

18 & Over Women
50 METRES FREESTYLE
27.97 Kim Yoshimoto,18,NYAC
28.05 Michelle Killins,18,PEPSI
100 METRES FREESTYLE
59.93 Michelle Killins,18,PEPSI
1:00.85 Kim Yoshimoto,18,NYAC
1:00.97 Sheila Hewerdine,18,LAC
200 METRES FREESTYLE
2:07.90 Susie Miller,18,ROW
2:11.12 Sheila Hewerdine,18,LAC
400 METRES FREESTYLE
4:37.92 Chantal Harrison,18,PCSC
200 METRES BACKSTROKE
2:25.05 Susie Miller,18,ROW
200 METRES BREASTSTROKE
2:47.79 Sheila Hewerdine,18,LAC
100 METRES BUTTERFLY
1:05.56 Sheila Hewerdine,18,LAC
1:08.36 Chantal Harrison,18,PCSC
200 METRES BUTTERFLY
2:20.34 Sheila Hewerdine,18,LAC
2:24.58 Chantal Harrison,18,PCSC
200 METRES IND.MEDLEY
2:26.96 Sheila Hewerdine,18,LAC
400 METRES IND.MEDLEY
5:01.24 Sheila Hewerdine,18,LAC
5:07.34 Susie Miller,18,ROW
4X50 M MEDLEY RELAY
2:05.11 Pointe Claire SC,PCSC
2:09.06 Pepsi Swimming,PEPSI
2:10.65 London AC,LAC

University of Calgary SC's 15-17 Boys 4x50 Medley Relay which betters the National Age Group Record with a 1:45.31.Left to right: Russell Patrick, Chris Renaud, Craig Keddie and Delano Ducheck.

BACKWASH

Backwash features short clips, gossip, letters and opinion. Contributions are welcomed. Now for the rumours behind the news.

The Great Zemplenyi. Remember Gyorgy Zemplenyi? He was the Hungarian swim team's millionaire mastermind and manager who said, *"Adios"*, after Barcelona and skipped off with an estimated $10 million that belonged to the Hungarian swimming federation in his pocket. The elusive Zemplenyi was finally tracked down in New York after a chase that spanned three continents.

Dyslexics Untie! We continually hear heartbreak stories from the Olympics about people who missed their event because they overslept, or were caught in a bureaucratic boondoggle, but nothing will ever beat the story of what happened to Pat Milsom.

Milsom was a member of Canada's 1936 Olympic swim team, but never got to compete in his speciality the 100 backstroke. Apparently his name had mistakenly been spelled "Wilson", so when he arrived in Berlin the Germans would not allow "Milsom" to compete.

Milsom's swimming skills were put to use in World War II when his ship was sunk and he was able to save many of his crew members. He was awarded a Membership in the Order of the British Empire.

Head east young man. Maybe it was chinooks that blew them east, but it seems that you can't walk across a pool deck in Toronto without tripping over western swimmers. Spotted at the Canada Cup were NYAC's Darren Ward, formerly of UCSC, and PEPSI's Rob Fox who was a long time Edmonton Keyano.

One swimmer who is definitely not training in the east is Calgary's Mark Tewksbury, but that hasn't stopped Toronto from claiming him as their own. Twice the media has referred to Tewks as being from Toronto. That must be as popular in Calgary as an Oilers win over the Flames.

Or South. When the Canadian university grants were stopped the swimming community was assured that it did not mean more swimmers would be heading over the border. At a recent dual meet Texas A&M seven Canadians raced Texas Christian University's five Canadians. And that is only one state.

The Real Thing. The Kamloops AC has changed its name to Kamloops Coca Cola Classics after scooping this major sponsor. New coach, Ken McKinnon, who describes Kamloops as a paradise, says the timing couldn't be better. The Canada Games are being held in Kamloops this summer.

Driving Force. It will now be easier for Marcel Gery to make workouts these days. He is being sponsored by York Toyota and can be seen tootling around Toronto in a beautiful green Toyota Camry.

Just say the word. What's that old line about the squeaky wheel? Apparently it worked for Calgary sprinter Steven VanderMeulen. He was interviewed on a TV special about athletes and what their financial outlooks are like (gloomy for most). Well one company was so impressed with the blond Dinosaur that they floated an extra $20,000 his way this year to cover training expenses. Lucky boy.

Award Winner. Mark Tewksbury has been named the Canadian Press Outstanding Male Athlete and was winner of the Lou Marsh Trophy (Outstanding Canadian Athlete). Other swimmers to win the CP award were, Alex Baumann in 1984; Graham Smith in 1978.

Beefy Boy. If you've been looking for Tewksbury, you need glance no further than your TV set where Mr. Smile can be seen promoting beef for the Canadian Beef Council. I wonder what fellow Albertan, chanteuse and noted vegetarian, k.d. lang thinks about that.

Beefy Bottom. While Tewks has been pushing beef it seems that antipodean Olympian Keiren Perkins has been packing the beef. Perkins, whose lean frame sliced through the water at the Olympic pool in Barcelona for a 1500 metres world record. was spotted carrying an extra 8 kilos (approx. 18 lbs).

Not hard to guess his New Years Resolution. (*"I will stay away from the Fosters...I will stay away from the Fosters....I will stay away from the Fosters."*).

Keeping a breast. There is another Australian swimmer who has been making headlines these days because of her changing physique. It seems that one of the biggest stars in Oz is now slightly larger and owes it all to technology (saline implants and that's all we're saying). One Australian journalist wryly noted that, *"Retirement announcements come in all shapes and sizes."*

Editor: Great story on Brian Bond (Aug. 1992, #181). I don't know of another coach, let alone an "age group" coach, who deserves the many accolades given him.

I remember the many times I looked across the pool deck to see the fine athletes Brian was able to foster. Most notable were the uniformness of proper technique and the fun that his swimmers seemed to have.

SNC and the clubs need to realize that supportive, knowledgeable and stable age group coaches in our club programs will foster more public support and help the base of our programs to grow. The continual search for greener grass over the hill has to stop. It is quite evident that the programs that have a high turnover rate rarely succeed.

It's time that good age group coaches realize that they can have an impact on swimmers' lives by correct technique and proper motivation and strive to help the "whole" person develop. This is what Brian does so well and I hope that *SWIM* will continue to do articles on the so called grass root coaches. After all, without a root one can't grow. Why is SNC trying to fund and support from the top down. Ever try to build a house starting at the roof?

Chris Givens,
Vancouver, B.C.

Editor: I have never written a letter to the editor of any publication, however with what I have read in *SWIM* Magazine over the last while I can keep silent no longer.

I was actively involved in swimming over a 12 to 14 year period, both in Quebec and in Ontario. My children both swam. It gave them a good grounding in life that they might not have gained if they had not been involved in a sport as great as swimming.

My wife and I met wonderful people through our years at poolside. We put lots of hours into the sport. We worked countless meets as both officials and organizers. I am not telling you anything new.

We had our differences at one time or another, but never did we have the dissen-

sion that seems to exist today in Canadian Swimming. What the hell is going on? What are all the people, parents, club officials, club administrators, provincial officials (who last time I looked we all *volunteers*) doing?

Why are they putting up with all of these bureaucrats and quasi knowledgeable people that would appear to be calling the shots and only succeeding in feathering their own nests (empires). Does someone at the top have damaging videos of all the people below them in the chain?

You people at the grassroots level have got to get involved. Hold back funds such as Swimathon or the Gold Bonus or some of the other money spinners that SNC has thought up lately. Don't be bulldozed into making them look good. What are they going to do? Fire you? Are they not going to let you host provincial or national meets (where you are lucky to break even)? Are they not going to let your swimmers go to meets? Are they not gong to let you host your own meets?

If enough people/clubs get together and present a unified front you will overcome. It has got to start at the grassroots level...at the club level.

I'm not preaching sedition or revolution. What I am saying is take back what is rightfully yours. We replace our politicians on a fairly regular basis. Do not be afraid of the unknown. What you have now is not working.

Remember the movie *Network*, with Peter Finch—"I'm mad as hell and I'm not going to take it any more."

Malcolm Robb,
Brantford, Ontario

Editor: The Olympic Trials provided me with one of the greatest moments of my coaching career. Lisa Flood, one of my swimmers, had made Canada's Olympic Team. It was to mark the beginning of an experience of a lifetime for Lisa and a return to the "real world" for me—or so I thought. On Monday following the Trials, SNC had scheduled a day of orientation for the swimmers, their coaches and parents. As I sat and listened to the Olympic Staff unveil their Olympic strategy I realized that I had a part to play and that my involvement was being encouraged. Encouraged not only in words, but in dollars, as SNC was providing me with $1,000 to help cover my expenses to Barcelona. This was in addition to the $1,500 that the OSCA had so generously provided. At last the club coach was to be involved in the process and recognition for their contribution!

Each swimmer on the team was given the option of the participating fully in the Olympic camp or staying home for a portion of the camp, to train with the club coach. I encouraged Lisa to take full advantage of the camp. My reasons were many. I would get to choose her coach and I made a great choice in Tom Johnson. She would be able to take full part in the Olympic experience and I would have the opportunity to throw my support behind SNC and the Olympic coaches at a very crucial time.

I believed my only contact with Lisa would be from the stands. Trevor Tiffany arranged a deck pass for me, allowing me to work with Lisa prior to her event.

On race day Lisa finished 12th in the heats with a personal best morning swim. That evening she finished 14th over all for one of her best performances ever. I am proud of Lisa, as I am of all those who helped to make my Olympic experience one that I will treasure for a lifetime.

Nick Baker,
Toronto, Ontario

Editor: The system for coach selection for Barcelona was doomed to failure by not providing the top ranked athletes with their coaches. We are heading in the same direction again.

Why can't the needs of the elite athlete be recognized and dealt with? Before making decisions for the future, has anyone reviewed the past? Neither Nancy Sweetnam or Guylaine Cloutier, who ranked fourth in the world going into the Olympics, had their coaches on staff in Barcelona. Did any of the decision makers ask these athletes or their coaches how this situation contributed to their performances?

Top athletes cannot be formula trained by anyone else. The best Olympic performance requires every minute detail, training, psychological preparations and the athlete's well being to be exact and in top form. Any alteration to the norm which has got them to the top of the world ranking is an extreme gamble.

Marian Sweetnam,
Lindsay, Ontario

Remember...It's not true until it has been officially denied.

WANTED HEAD COACH
IN RICHMOND, BEAUTIFUL B.C.

The Aquanaut Swim Club is seeking a head coach — a full time position commencing September 1, 1993.

The club is well established with 180 plus swimmers, ranging from the junior development to Youth National levels.

If you would like more information about the club please contact the present head coach, Rosemary Imlah at (604) 274-2252.

Resume detailing related experience and qualifications as well as salary expectation should be forwarded to:

Mrs.Ulla Larsen, Club President
7260 Bridge Street,
Richmond. B.C. V6Y 2S7
Tel: (604)273-7961
Fax: (604)279-8796

Deadline for submission:
March 31, 1993

HEAD COACH WANTED

The Prince George (B.C.) Barracuda Swim Club is seeking the services of a Head Coach, commencing September 1993.

Prince George is a growing community (pop.75,000) in central B.C with a club of 145 swimmers and a waiting list.

The suitable applicant must be energetic and motivated towards excellence in swimming with a strong technical background.

Duties will include instruction and supervision of all coaching staff and program from beginner to elite levels.

Salary range: $30,000 to 40,000 dependent on qualifications.

Send resume with references:
Mr.L.Pierce, Barracuda Swim Club
P.O.Box 795,
Prince George, B.C.
V2L 4T3

Further information available:
(604) 964-8778
Deadline for submission
March 15, 1993

TOP AGE GROUP TIMES

1993 SHORT COURSE TAG®

Rankings for the period (results received) Oct.1 to **Dec 10**, 1992

TAG is financially supported by Swimming Canada. Rankings compiled by SWIM Magazine. Software by Advantage Software.

GIRLS 11-12

50 METRES FREESTYLE
Rec: 26.34 L.Melien,AAC,85
28.29 BRANTNOV Michelle Cruz,12,ACE
28.62 TOMACOCT Michele Lee,17,HYACK
28.85 RACERDEC Meredith Handysides,12,IS
28.95 ONANOV Lindsay Griffin,12,COBRA
29.00 PEPSIOCT Michelle Lee,12,COBRA
29.02 ONAANOV Allison Dunlop,12,WISC
29.06 GOLDNOV Kelly Doody,12,CASC
29.17 LASCNOV Monica Fofie,12,UCSC
29.33 ONANOV Jennifer Sweny,12,NKB
29.47 BRANTNOV Katie Mazzucco,12,PEPSI
29.51 RACERDEC Christine Douziech,12,KAJ
29.55 ONAANOV Hilary Lawton,12,KWY
29.61 ONAANOV Lisa Del Mastro,12,WISC
29.61 BBSCNOV Debra Hidson,12,MM
29.74 ONANOV Cheryl Cline,12,NEW
29.77 8RANTNOV Tanya Barudzija,12,MAC
29.77 8RANTNOV Tanya Hunks,12,HWAC
29.82 GOLDNOV Jenny Scott,12,EKSC
29.98 LLSCNOV Katie Sheridan,12,TRENT
30.07 ONAANOV Eleni Boudouris,12,MYK
30.18 PEPSIOCT Elaine Estrada,12,NYAC
30.20 CVACNOV Jane Gregg,12,FAST
30.24 BRANTNOV Daneen Ens,12,BOSS
30.24 ONAANOV Sara Havekes,12,OSAC
30.32 VICONOV Megan Lloyd,11,PSW

100 METRES FREESTYLE
Rec: 57.36 L.Melien,AAC,85
1:02.29 BRANTNOV Michelle Cruz,12,ACE
1:02.33 GOLDNOV Kelly Doody,12,CASC
1:02.82 BRANTNOV Elaine Estrada,12,NYAC
1:02.84 GOLDNOV Jenny Scott,12,EKSC
1:03.45 ONANOV Lindsay Griffin,12,COBRA
1:03.49 BRANTNOV Tanya Hunks,12,HWAC
1:03.55 TOMACOCT Michelle Lee,12,COBRA
1:04.08 CASCOCT Monica Fofie,12,UCSC
1:04.56 RACERDEC Meredith Handysides,12,IS
1:04.60 RACERDEC Christine Douziech,12,KAJ
1:04.70 EBSCNOV Erin Berard,12,CSL
1:05.16 RACERDEC Tammy Nighswander,12,SSC
1:05.18 ONANOV Jennifer Sweny,12,NKB
1:05.47 BRANTNOV Daneen Ens,12,BOSS
1:05.72 BRANTNOV Tara Schulz,12,PCSC
1:05.81 BRANTNOV Andrea Jenkins,12,HWAC
1:06.06 ONAANOV Diana Bennett,11,BYAC
1:06.09 HWACOCT Kim Boland,12,HWAC
1:06.14 LLSCNOV Katie Sheridan,12,TRENT
1:06.16 EBSCNOV Stephanie Zarins,12,GO
1:06.22 CNCINOV Isabelle Belley-Ferris,12,CNJO
1:06.32 HWACOCT Adina Danila,12,HWAC
1:06.41 BRANTNOV Katie Mazzucco,12,PEPSI
1:06.43 PEPSIOCT Jenny Henderson,12,TAT
1:06.45 HWACOCT Hilary Lawton,12,KWY

200 METRES FREESTYLE
Rec: 2:05.41 S.Collins,ROD,90
2:12.57 BRANTNOV Michelle Cruz,12,ACE
2:13.53 BRANTNOV Tanya Hunks,12,HWAC
2:13.86 BRANTNOV Elaine Estrada,12,NYAC
2:14.33 GOLDNOV Jenny Scott,12,EKSC
2:15.18 GOLDNOV Kelly Doody,12,CASC
2:18.91 BRANTNOV Kate Ingram,12,PCSC
2:18.93 BRANTNOV Melissa MacDonald,12,BRANT
2:20.10 ONAANOV Lisa Del Mastro,12,WISC
2:20.24 RACERDEC Christine Douziech,12,KAJ
2:20.55 ONANOV Lindsay Griffin,12,COBRA
2:21.20 ONANOV Jennifer Sweny,12,NKB
2:21.39 BRANTNOV Andrea Jenkins,12,HWAC
2:21.56 ONANOV Susan Trimble,12,OAK
2:21.65 BRANTNOV Jenny Henderson,12,TAT
2:21.91 TOMACOCT Michelle Lee,12,COBRA
2:22.72 RACERDEC Tammy Nighswander,12,SSC
2:22.87 BRANTNOV Tara Schulz,12,PCSC
2:23.13 ONAANOV Corinna MacRae,12,CSL
2:23.26 ONANOV Cheryl Cline,12,NEW
2:23.43 BRANTNOV Daneen Ens,12,BOSS
2:23.51 DCSCNOV Jane Gregg,12,FAST
2:23.70 BRANTNOV Voula Kapralos,12,NYAC
2:24.06 BRANTNOV Adina Danila,12,HWAC
2:24.14 GOLDNOV Brandy Coote,12,GOLD
2:24.26 VICONOV Fiona West,12,PSW

400 METRES FREESTYLE
Rec: 4:23.93 S.Shewchuk,PCSC,87
4:41.10 BRANTNOV Elaine Estrada,12,NYAC
4:42.29 BRANTNOV Tanya Hunks,12,HWAC
4:43.59 GOLDNOV Kelly Doody,12,CASC
4:46.27 ONAANOV Erin Berard,12,CSL
4:47.24 GOLDNOV Jenny Scott,12,EKSC
4:48.69 ONANOV Stephanie Zarins,12,GO
4:50.44 ONAANOV Jackie Strahl,12,RHAC
4:51.71 ONAANOV Lisa Del Mastro,12,WISC
4:53.52 ONAANOV Jenny Henderson,12,TAT
4:55.63 BRANTNOV Terri A. Schwager,12,WAC
4:55.74 RACERDEC Christine Douziech,12,KAJ
4:56.52 BRANTNOV Andrea Jenkins,12,HWAC
4:56.91 TOMACOCT Michelle Lee,12,COBRA
4:58.72 TOMACOCT Sarah Balbaa,12,COBRA
4:58.89 BRANTNOV Kate Ingram,12,PCSC
4:59.81 ONANOV Susan Trimble,12,OAK
4:59.91 ONAANOV Corinna MacRae,12,CSL
5:00.95 ONAANOV Karen Kolb,12,STARS
5:01.69 BRANTNOV Daneen Ens,12,BOSS
5:04.31 VICONOV Fiona West,12,PSW
5:04.32 ONAANOV Lindsay Beavers,11,STARS
5:04.40 GOLDNOV Kathryn McKnight,12,GOLD

800 METRES FREESTYLE
Rec: 8:55.85 S.Shewchuk,PCSC,87
9:44.76 GOLDNOV Jenny Scott,12,EKSC
9:48.30 GOLDNOV Kelly Doody,12,CASC
9:51.20 ONAANOV Erin Berard,12,CSL
10:06.31 ONAANOV Lisa Del Mastro,12,WISC
10:10.10 ONAANOV Jenny Henderson,12,TAT
10:12.38 GOLDNOV Donna Constable,12,MJKFF
10:13.77 ONANOV Susan Trimble,12,OAK
10:15.41 VICONOV Fiona West,12,PSW
10:17.24 ONAANOV Lindsay Beavers,11,STARS
10:18.68 GOLDNOV Kathryn McKnight,12,GOLD
10:22.11 GOLDNOV Brandy Coote,12,GOLD
10:25.45 ONANOV Jennifer Sweny,12,NKB
10:32.12 GOLDNOV Bekki Seaman,12,ROD
10:34.02 NKBNOV Hannah Buchanan,11,NKB
10:35.55 ONAANOV Corinna MacRae,12,CSL
10:36.69 ONANOV Joanne Clissold,12,EBSC
10:36.69 PHACNOV Christine Manuel,12,OSHAC
10:38.31 VICONOV Kelly Rolston,11,IS
10:40.59 SJSOCT Nancy Rowsell,12,SD
10:41.79 ONANOV Blythe Dalziel,12,NEW
10:42.27 ONANOV Kirsten Pinksen,12,GMAC
10:43.75 ONANOV Julie Goraj,11,COBRA

100 METRES BACKSTROKE
Rec: 1:06.23 L.Melien,AAC,85
1:10.11 RACERDEC Christine Douziech,12,KAJ
1:10.82 BRANTNOV Michelle Cruz,12,ACE
1:11.95 8RANTNOV Elaine Estrada,12,NYAC
1:12.16 HWACOCT Adina Danila,12,HWAC
1:12.17 ONAANOV Lisa Del Mastro,12,WISC
1:12.48 CASCOCT Kelly Doody,12,CASC
1:12.54 BRANTNOV Katie Mazzucco,12,PEPSI
1:12.81 TOMACOCT Jackie Strahl,12,RHAC
1:13.29 ONANOV Amelie Caron,12,GO
1:13.53 RACERDEC Cassie Prost,12,KAC
1:13.58 BRANTNOV Tara Schulz,12,PCSC
1:14.21 HWACOCT Tanya Hunks,12,HWAC
1:14.21 HWACOCT Melissa MacDonald,12,BRANT
1:14.29 VICONOV Fiona West,12,PSW
1:14.34 PEPSIOCT Michelle Lee,12,COBRA
1:14.53 ONANOV Nola Chaters,12,COBRA
1:14.63 RACERDEC Emily Binkley,12,VPSC
1:14.68 RACERDEC Erin Gammel,12,KAC
1:14.75 ONAANOV Karen Kolb,12,STARS
1:14.91 EBSCNOV Erin Berard,12,CSL
1:15.22 EBSCNOV Stephanie Zarins,12,GO
1:15.34 NKBNOV22 Anne-M. Charron,12,DH
1:15.45 HWACOCT Andrea Jenkins,11,HWAC
1:15.69 LASCNOV Michelle Stauffer,12,LASC
1:16.02 HWACOCT Kim Boland,12,HWAC

200 METRES BACKSTROKE
Rec: 2:21.92 L.Melien,AAC,84
2:28.08 BRANTNOV Michelle Cruz,12,ACE
2:28.68 ONAANOV Jackie Strahl,12,RHAC
2:30.88 BRANTNOV Elaine Estrada,12,NYAC
2:31.54 GOLDNOV Kelly Doody,12,CASC
2:31.79 RACERDEC Christine Douziech,12,KAJ
2:33.42 ONAANOV Lisa Del Mastro,12,WISC
2:34.59 HWACOCT Adina Danila,12,HWAC
2:35.69 BRANTNOV Katie Mazzucco,12,PEPSI
2:35.99 VICONOV Fiona West,12,PSW
2:36.14 ONAANOV Karen Kolb,12,STARS
2:36.79 BRANTNOV Tara Schulz,12,PCSC
2:37.24 TOMACOCT Michelle Lee,12,COBRA
2:37.86 ONANOV Susan Trimble,12,OAK
2:38.01 BRANTNOV Melissa MacDonald,12,BRANT
2:38.60 BRANTNOV Nicole Smerdon,12,NYAC
2:38.69 BRANTNOV Ginelle Davey,11,YORK
2:39.13 BRANTNOV Stephanie Brueschke,11,MAC
2:39.62 RACERDEC Kelly Rolston,11,IS
2:39.70 LASCNOV Michelle Stauffer,12,LASC
2:40.47 HWACOCT Tanya Hunks,12,HWAC
2:40.52 RACERDEC Denise McInenly,12,SSC
2:40.62 ONAANOV Robyn McCulloch,12,WISC
2:41.02 CNCINOV Isabelle Belley-Ferris,12,CNJO
2:41.22 GOLDNOV Kristen Schneider,11,ROD
2:41.28 RACERDEC Erin Gammel,12,KAC

100 METRES BREASTSTROKE
Rec: 1:10.11 A.Higson,ESC,85
1:18.24 RACERDEC Danica Wizniuk,12,STSC
1:18.38 ONANOV Adrienne Hafemann,11,ROW
1:18.76 ONANOV Stephanie Zarins,12,GO
1:19.24 ONAANOV Jennifer Jonusaitis,11,SSMAC
1:19.76 ONAANOV Erin Berard,12,CSL
1:19.92 BRANTNOV Kerry Cregan,12,PCSC
1:19.98 BRANTNOV Tanya Barudzija,12,MAC
1:20.98 CASCOCT Kelly Doody,12,CASC
1:21.90 BRANTNOV Adina Danila,12,HWAC
1:21.98 ONANOV Natasha Jaczek,12,NEW
1:22.09 ONANOV Christie Smith,11,LUSC
1:22.10 ONAANOV Hilary Lawton,12,KWY
1:22.11 BRANTNOV Jenny Henderson,12,TAT
1:22.28 ONAANOV Allison Dunlop,12,WISC
1:22.48 CASCOCT Monica Fofie,12,UCSC
1:22.85 RACERDEC Jessica Scott,11,PDSA
1:23.45 GPPOCT Jennifer McCann,12,GCO
1:24.12 LASCNOV Jennifer Van Camp,12,CTSC
1:24.28 CNCINOV Marylene Goudreault,12,ELITE
1:24.32 SJSOCT Nancy Rowsell,12,SD
1:24.34 SLNOV Anne-M. Pelletier,11,SUPER
1:24.38 TOMACOCT Lindsay Griffin,12,COBRA
1:24.67 CAMONOV Claudia Menard,11,CNC8
1:24.73 RACERDEC Pam Poirier,11,RDCSC
1:24.80 CAMONOV Catherine Verreault,11,SHER

200 METRES BREASTSTROKE
Rec: 2:32.10 A.Higson,ESC,85
2:50.21 RACERDEC Danica Wizniuk,12,STSC
2:50.61 ONANOV Stephanie Zarins,12,GO
2:50.82 ONAANOV Erin Berard,12,CSL
2:51.17 ONANOV Adrienne Hafemann,11,ROW
2:51.55 BRANTNOV Kerry Cregan,12,PCSC
2:51.68 ONAANOV Jennifer Jonusaitis,11,SSMAC
2:53.13 GOLDNOV Kelly Doody,12,CASC
2:53.70 BRANTNOV Jenny Henderson,12,TAT
2:53.70 BRANTNOV Tanya Barudzija,12,MAC
2:55.18 BRANTNOV Adina Danila,12,HWAC
2:56.41 ONAANOV Hilary Lawton,12,KWY
2:58.26 ONANOV Natasha Jaczek,12,NEW
2:58.47 CAMONOV Catherine Verreault,11,SHER
2:58.94 CNCINOV Marylene Goudreault,12,ELITE
2:59.52 ONANOV Christie Smith,12,LUSC
2:59.57 GOLDNOV Bekki Seaman,12,ROD
3:00.00 TOMACOCT Martina Frndova,12,PEPSI
3:01.10 HWACOCT Tanya Hunks,12,HWAC
3:01.11 GOLDNOV Brandy Coote,12,GOLD
3:01.41 CASCOCT Alison Zwarich,11,UCSC
3:01.47 TOMACOCT Audrey Ganif,12,COBRA
3:01.52 RACERDEC Jessica Scott,11,PDSA
3:01.57 HWACOCT Sheryl Turnbull,12,HWAC
3:01.76 ONAANOV Allison Dunlop,12,WISC
3:02.03 LASCNOV Jennifer Van Camp,12,CTSC

100 METRES BUTTERFLY
Rec: 1:05.24 A.Barrrscale,KMSC,89
1:09.99 BRANTNOV Kate Ingram,12,PCSC
1:10.41 BRANTNOV Elaine Estrada,12,NYAC
1:10.56 BRANTNOV Tanya Hunks,12,HWAC
1:10.58 GOLDNOV Kelly Doody,12,CASC
1:10.59 ONANOV Lindsay Griffin,12,COBRA
1:10.66 PEPSIDEC Shelley Babin,12,PEPSI
1:12.40 PEPSIOCT Lindsay Crowder,12,WISC
1:12.53 PEPSIOCT Michelle Lee,12,COBRA
1:12.65 TOMACOCT Sarah Balbaa,12,COBRA
1:12.67 BRANTNOV Kim Boland,12,HWAC
1:12.74 HWACOCT Hilary Lawton,12,KWY
1:12.86 CASCOCT Jenny Scott,12,EKSC
1:13.20 HWACOCT Adina Danila,12,HWAC
1:13.24 HWACOCT Emma Callaghan,12,BOSS
1:13.59 RACERDEC Kelly Rolston,11,IS
1:13.61 CASCOCT Stacey Tetz,11,UCSC
1:13.99 ONANOV Jill Samakese,11,TBT
1:14.13 PEPSIOCT Lisa Del Mastro,12,WISC
1:14.21 RACERDEC Jessica Deglau,12,PDSA
1:14.45 PEPSIOCT Jenny Henderson,12,TAT
1:14.66 EBSCNOV Stephanie Zarins,12,GO
1:15.08 PEPSIOCT Michelle Cruz,12,ACE
1:15.17 ONANOV Joanne Clissold,12,EBSC
1:15.47 PEPSIOCT Katie Mazzucco,12,PEPSI
1:15.78 ONAANOV Diana Bennett,11,BYAC

200 METRES BUTTERFLY
Rec: 2:18.09 M.Coulombe,CNMN,78
2:32.57 BRANTNOV Tanya Hunks,12,HWAC
2:32.69 BRANTNOV Kate Ingram,12,PCSC
2:39.47 RACERDEC Kelly Rolston,11,IS
2:39.81 ONAANOV Jenny Henderson,12,TAT
2:41.28 8RANTNOV Kim Boland,12,HWAC
2:41.53 CASCOCT Kelly Doody,12,CASC
2:41.88 HWACOCT Emma Callaghan,12,BOSS
2:41.88 ONANOV Lindsay Griffin,12,COBRA
2:42.59 ONANOV Jill Samakese,11,TBT
2:42.70 ONAANOV Hilary Lawton,12,KWY
2:44.05 RACERDEC Jessica Deglau,12,PDSA
2:44.11 TOMACOCT Sarah Balbaa,12,COBRA
2:44.33 ONANOV Jennifer Sweny,12,NKB
2:44.83 GOLDNOV Lindsay Archer,12,ROD
2:44.96 ONAANOV Jackie Strahl,12,RHAC
2:46.54 BRANTNOV Julie Campbell,11,HWAC
2:46.65 ONANOV Joanne Clissold,12,EBSC
2:46.77 ONAANOV Lindsay Beavers,11,STARS
2:46.77 RACERDEC Tammy Nighswander,12,SSC
2:46.91 BRANTNOV Melissa MacDonald,12,BRANT
2:49.78 BRANTNOV Sarah Carp,12,LAC
2:50.26 GOLDNOV Ami Farrow,12,GOLD
2:50.70 HWACOCT Adina Danila,12,HWAC
2:51.06 RACERDEC Amielle Lake,12,PDSA
2:51.53 RACERDEC Carly Goepel,11,PDSA

200 METRES IND.MEDLEY
Rec: 2:19.25 A.Higson,ESC,85
2:30.87 BRANTNOV Elaine Estrada,12,NYAC
2:30.93 BRANTNOV Tanya Hunks,12,HWAC
2:31.24 GOLDNOV Kelly Doody,12,CASC
2:34.59 BRANTNOV Jenny Henderson,12,TAT
2:34.88 ONANOV Stephanie Zarins,12,GO
2:35.22 EBSCNOV Erin Berard,12,CSL
2:35.34 BRANTNOV Michelle Cruz,12,ACE
2:35.63 BRANTNOV Adina Danila,12,HWAC
2:36.57 BRANTNOV Kate Ingram,12,PCSC
2:36.59 BRANTNOV Melissa MacDonald,12,BRANT
2:36.73 ONAANOV Jackie Strahl,12,RHAC
2:37.92 PEPSIOCT Michelle Lee,12,COBRA
2:39.25 PCSCNOV Kerry Cregan,12,PCSC
2:39.31 BRANTNOV Katie Mazzucco,12,PEPSI
2:39.33 TOMACOCT Sarah Balbaa,12,COBRA
2:39.78 ONAANOV Allison Dunlop,12,WISC
2:41.23 TOMACOCT Shelley Babin,12,PEPSI
2:41.99 GOLDNOV Jenny Scott,12,EKSC
2:41.99 RACERDEC Kelly Rolston,11,IS
2:42.10 ONANOV Audrey Ganif,12,COBRA
2:42.32 COBRAOCT Susan Trimble,12,OAK
2:42.80 GOLDNOV Donna Constable,12,MJKFF
2:43.02 RACERDEC Amielle Lake,12,PDSA
2:43.06 ONANOV Adrienne Hafemann,11,ROW
2:43.22 PEPSIOCT Lindsay Griffin,12,COBRA

400 METRES IND.MEDLEY
Rec: 4:55.03 A.Higson,ESC,85
5:16.73 BRANTNOV Tanya Hunks,12,HWAC
5:19.00 GOLDNOV Kelly Doody,12,CASC
5:19.49 BRANTNOV Elaine Estrada,12,NYAC
5:20.26 BRANTNOV Jenny Henderson,12,TAT
5:23.65 ONANOV Stephanie Zarins,12,GO
5:24.91 BRANTNOV Adina Danila,12,HWAC
5:27.57 ONAANOV Erin Berard,12,CSL
5:27.65 ONAANOV Jackie Strahl,12,RHAC
5:31.69 BRANTNOV Melissa MacDonald,12,BRANT
5:32.43 BRANTNOV Kate Ingram,12,PCSC
5:40.22 BRANTNOV Julie Campbell,11,HWAC
5:42.38 ONANOV Susan Trimble,12,OAK
5:42.39 BRANTNOV Terri A. Schwager,12,WAC
5:43.25 GOLDNOV Donna Constable,12,MJKFF
5:44.08 RACERDEC Kelly Rolston,11,IS
5:44.17 GOLDNOV Jenny Scott,12,EKSC
5:44.93 RACERDEC Amielle Lake,12,PDSA
5:45.70 8RANTNOV Voula Kapralos,12,NYAC
5:46.51 GOLDNOV Bekki Seaman,12,ROD
5:46.97 ONAANOV Allison Dunlop,12,WISC

4X50 M MEDLEY RELAY
Rec: 2:08.39 Etobicoke Pepsi,EPS,91
2:14.98 BRANTNOV Pointe Claire SC,PCSC
2:15.56 TOMACOCT City of Brampton AC,COBRA
2:16.56 BRANTNOV Pepsi Swimming,PEPSI
2:16.58 BRANTNOV Hamilt-Wentworth AC,HWAC
2:16.58 ONAANOV Whitby Iroquois SC,WISC
2:17.35 LASCNOV Univ.Calgary SC,UCSC
2:17.57 RACERDEC Pacific Dolphin SA,PDSA
2:20.59 ONANOV Newmarket SC,NEW
2:20.62 ONAANOV Cornwall Sea Lions,CSL
2:21.34 RACERDEC Island Swimming,IS
2:21.75 BRANTNOV Markham AC,MAC
2:22.11 LASCNOV Lethbridge ASC,LASC
2:22.67 ONAANOV Tillsonburg AT,TAT
2:22.93 PCSCNOV Mississauga AC,TOMAC
2:23.01 CASCOCT Cascade Swim Club,CASC
2:23.14 ONANOV Region of Waterloo,ROW
2:23.14 ONANOV Gloucester-Ottawa Kingfish,GO
2:23.43 ONANOV Nepean Kanata,NK8
2:23.48 KAJNOV Kamloops AC,KAC
2:23.78 ONAANOV Dorado SC,STARS
2:23.95 VICONOV Pacific Seawolves,PSW
2:24.25 BRANTNOV North York AC,NYAC
2:24.90 ONANOV Laurentian Univ.SC,LUSC
2:24.93 CASCOCT Saskatoon Goldfins,GOLD
2:25.16 DCSCNOV Fredericton Aquanauts,FAST

4X50 M FREE RELAY
Rec: 1:53.45 Regina Opt.Dolphins,ROD,90
1:58.69 COBRAOCT City of Brampton AC,COBRA
1:58.96 LASCNOV Airdrie Swim Club,AIR
2:00.50 ONAANOV Whitby Iroquois SC,WISC
2:00.62 LASCNOV Univ.Calgary SC,UCSC
2:02.47 BRANTNOV Hamilt-Wentworth AC,HWAC
2:03.17 BBFOCT Pointe Claire SC,PCSC
2:03.86 GOLDNOV Saskatoon Goldfins,GOLD
2:03.99 RACERDEC Island Swimming,IS
2:04.00 BRANTNOV Pepsi Swimming,PEPSI
2:04.13 LASCNOV Lethbridge ASC,LASC
2:05.44 ONANOV Newmarket SC,NEW
2:05.86 RACERDEC Pacific Dolphin SA,PDSA
2:06.05 BRANTNOV North York AC,NYAC
2:06.11 BRANTNOV Markham AC,MAC
2:06.67 ONANOV Nepean Kanata,NKB
2:06.73 ONAANOV Tillsonburg AT,TAT
2:06.97 EBSCNOV Cornwall Sea Lions,CSL
2:07.16 ONANOV Gloucester-Ottawa Kingfish,GO
2:07.28 TOMACOCT Mississauga AC,TOMAC
2:07.57 BROCKOCT Oshawa AC,OSHAC
2:07.72 8BFOCT Dollard Swim Team,DDO
2:07.74 VICONOV Pacific Seawolves,PSW
2:07.95 ONANOV Uxbridge SC,USC
2:08.30 GOLDNOV Edmonton Keyano,EKSC
2:08.45 ONAANOV Dorado SC,STARS

TOP AGE GROUP TIMES

1993 SHORT COURSE TAG®

BOYS 11-12

50 METRES FREESTYLE
Rec: 25.43 B.Creelman,TOMAC,B3/G.Pulle,MAC,91
25.95 ONANOV John M. Mills,12,GO
27.56 BRANTNOV Cory Bardossy,12,HWAC
27.70 RACERDEC Stephen Wong,12,RACER
27.94 ONANOV Remi Charron,12,LUSC
28.04 GOLDNOV Ryan Acaster,12,BKSC
2B.15 BRANTNOV Eric Gabsch,12,TOMAC
2B.19 ONANOV Adam Nicholson,11,GMAC
2B.51 ONANOV Sean Flanagan,12,SCAR
2B.55 BRANTNOV Jason Riendeau,12,PCSC
2B.62 LASCNOV Trent Smith,12,RACE
28.66 BBFOCT Nicolas Jorgensen,12,PCSC
2B.66 LASCNOV Kwasi Boadi,12,UCSC
2B.73 HWACOCT Michael Ragona,12,HWAC
2B.74 TOMACOCT Andrew Kwa,12,RHAC
28.75 ONANOV Bryan Faubert,12,OAK
2B.82 RACERDEC Greg Bate,12,RAYS
2B.B7 LLSCNOV David Schulze,12,BTSC
28.8B GOLDNOV Oliver Leroy,12,MANTA
29.04 PEPSIOCT Sarp Yedican,12,NEW
29.11 PEPSIOCT Brian Han,12,PEPSI
29.12 GOLDNOV Robert Novak,12,WAVE
29.12 ONAANOV Joey Stewart,11,KWY
29.20 ONAANOV David Kimmerly,12,CYPS
29.21 RACERDEC Neil Evans,12,SPART
29.27 VICONOV Warren Taylor,12,PSW

100 METRES FREESTYLE
Rec: 55.99 B.Creelman,TOMAC,83
59.10 ONANOV John M. Mills,12,GO
59.B0 SLNOV Yannick Lupien,12,CAGRA
1:00.B9 BRANTNOV Cory Bardossy,12,HWAC
1:01.10 HWACOCT Michael Ragona,12,HWAC
1:02.07 GOLDNOV Ryan Acaster,12,BKSC
1:02.26 PCSCNOV Eric Gabsch,12,TOMAC
1:02.34 GOLDNOV Oliver Leroy,12,MANTA
1:02.53 NEOROCT Stephane Doire,12,TMSC
1:02.63 ONANOV Adam Nicholson,11,GMAC
1:02.72 ONAANOV Mitchell Reid,12,TMSC
1:02.74 ONANOV Jay McKechnie,12,EBSC
1:02.7B RACERDEC Stephen Wong,12,RACER
1:02.96 DCSCNOV Graham Cox,12,FAST
1:03.10 PEPSIOCT Brian Han,12,PEPSI
1:03.26 LASCNOV Trent Smith,12,RACE
1:03.33 RACERDEC Greg Bate,12,RAYS
1:03.44 PCSCNOV Jason Riendeau,12,PCSC
1:03.57 BRANTNOV Richard Bauer,12,BRANT
1:03.77 ONANOV Bryan Faubert,12,OAK
1:03.87 LLSCNOV David Schulze,12,BTSC
1:03.93 PEPSIOCT Glen Steacy,12,LAC
1:04.00 ONAANOV Joey Stewart,11,KWY
1:04.26 ONANOV Sean Flanagan,12,SCAR
1:04.39 LASCNOV Kwasi Boadi,12,UCSC
1:04.46 TOMACOCT Andrew Kwa,12,RHAC

200 METRES FREESTYLE
Rec: 2:01.59 D.Wake,YLSC,90
2:11.41 BRANTNOV Cory Bardossy,12,HWAC
2:11.56 SLNOV Yannick Lupien,12,CAGRA
2:12.B8 PCSCNOV Mark Wyjad,12,PCSC
2:13.91 PCSCNOV Eric Gabsch,12,TOMAC
2:14.62 HWACOCT Michael Ragona,12,HWAC
2:16.34 GOLDNOV Oliver Leroy,12,MANTA
2:16.45 DCSCNOV Graham Cox,12,FAST
2:16.46 ONAANOV Marc-P. Piche,12,BOSC
2:16.57 ONAANOV Mitchell Reid,12,TMSC
2:16.96 CNCINOV Gary Monaghan,12,CSQ
2:17.04 PEPSIOCT Glen Steacy,12,LAC
2:17.50 PEPSIOCT Brian Han,12,PEPSI
2:17.73 VICONOV Greg Bate,12,RAYS
2:1B.44 RACERDEC Jason Hunter,12,IS
2:1B.76 ONANOV Adam Nicholson,11,GMAC
2:1B.7B RACERDEC Tyler Petrusic,12,SKSC
2:19.25 RACERDEC Neil Evans,12,SPART
2:19.36 GOLDNOV Ryan Acaster,12,BKSC
2:19.62 GOLDNOV Ryan Keesey,12,GOLD
2:19.70 ONANOV Mason Fraser,12,OAK
2:19.94 BRANTNOV Jeff Somerville,12,TAT
2:20.06 ONAANOV Joey Stewart,11,KWY
2:20.09 CASCOCT Riley Janes,12,GOLD
2:20.45 PCSCNOV Jason Riendeau,12,PCSC
2:20.55 LASCNOV Trent Smith,12,RACE

400 METRES FREESTYLE
Rec: 4:1B.52 J.White,LAC,90
4:32.B9 ONAANOV Stephane Doire,12,TMSC
4:3B.13 CAGNOV Yannick Lupien,12,CAGRA
4:39.91 BRANTNOV Cory Bardossy,12,HWAC
4:43.76 BRANTNOV Eric Gabsch,12,TOMAC
4:44.09 BRANTNOV Glen Steacy,12,LAC
4:46.36 DCSCNOV Graham Cox,12,FAST
4:50.19 CNCINOV Gary Monaghan,12,CSQ
4:51.29 GOLDNOV Oliver Leroy,12,MANTA
4:51.44 BRANTNOV David Marcy,12,HWAC
4:51.B5 GOLDNOV Ryan Keesey,12,GOLD
4:52.09 LLSCNOV David Schulze,12,BTSC
4:52.26 ONAANOV Marc-P. Piche,12,BOSC
4:52.97 RACERDEC Jason Hunter,12,IS
4:54.02 BRANTNOV Frederic Savo,12,CAMO
4:54.12 GOLDNOV Curtis Heffernan,12,GOLD
4:54.90 BRANTNOV Kyle Smerdon,12,NYAC
4:55.27 RACERDEC Greg Bate,12,RAYS
4:55.41 GOLDNOV Riley Janes,12,GOLD
4:55.99 NKBNOV22 Louis-D. Bonneau,12,DH
4:56.09 RACERDEC Tyler Petrusic,12,SKSC
4:57.30 TOMACOCT Stefan Monid,12,TOMAC
4:57.32 ONANOV Mason Fraser,12,OAK
4:57.57 RACERDEC Kelly Albrecht,12,RDCSC
4:59.77 RACERDEC Roland Bouhart,12,KAJ
4:59.93 CNCINOV Jean-F. Martel,12,PLUS

1500 METRES FREESTYLE
Rec: 16:5B.B5 J.White,LAC,90
17:55.16 ONAANOV Stephane Doire,12,TMSC
1B:39.47 DCSCNOV Graham Cox,12,FAST
19:09.B4 ONAANOV Marc-P. Piche,12,BOSC
19:21.75 ONANOV Brett Clouthier,11,USC
19:31.07 ONAANOV Jeff Somerville,12,TAT
19:32.B0 GOLDNOV Curtis Heffernan,12,GOLD
19:36.B6 ONANOV Steve Rate,12,NKB
19:3B.04 ONAANOV Paul Brunet,12,VEW
19:42.11 GOLDNOV Ryan Keesey,12,GOLD
19:4B.95 SJSOCT Oliver Leroy,12,MANTA
19:49.12 ONANOV Brad Jones,11,NKB
19:53.12 VICONOV Jason Hunter,11,IS
19:5B.7B ONANOV Drew McNabb,12,NKB
20:02.03 VICONOV Chris Sawbridge,12,IS
20:14.64 WAVENOV Muga Miyakawa,11,MANTA
20:23.0B WAVENOV Marcus Blouw,12,MM
20:24.36 SAGOCT Philippe Gagnon,12,CNCI
20:2B.B7 ONANOV Bryan Faubert,12,OAK
20:33.21 PHACNOV John Green,12,OSHAC
20:34.03 RODOCT Noah Miller,12,ROD
20:39.75 WAVENOV Preston Mandamin,11,MM
20:44.32 TOMACOCT Sean Robinson,12,TOMAC
20:44.75 VICONOV Hindmarch-W,12,PDSA
20:49.42 ONAANOV Clayton Delaney,11,CSL
20:49.5B VICONOV Justin Hardiman,12,PSW

100 METRES BACKSTROKE
Rec: 1:04.77 M.Henderson,CASC,91
1:06.B6 PCSCNOV Mark Wyjad,12,PCSC
1:08.06 ONANOV John M. Mills,12,GO
1:10.36 BRANTNOV Michael Lockett,12,PICK
1:10.46 ONANOV Mason Fraser,12,OAK
1:10.50 BRANTNOV Cory Bardossy,12,HWAC
1:10.66 ONAANOV Marc-P. Piche,12,BOSC
1:10.B5 CASCOCT Riley Janes,12,GOLD
1:10.92 HWACOCT Michael Ragona,12,HWAC
1:11.02 ONANOV Jay McKechnie,12,EBSC
1:11.03 SLNOV Yannick Lupien,12,CAGRA
1:11.20 ONAANOV Andrew Kwa,12,RHAC
1:11.22 CASCOCT Dallas Dyson,12,OSC
1:11.49 RACERDEC Greg Bate,12,RAYS
1:11.62 PEPSIOCT Brian Han,12,PEPSI
1:12.19 NKBNOV22 Louis-D. Bonneau,12,DH
1:12.2B RACERDEC Stephen Wong,12,RACER
1:12.36 GOLDNOV Oliver Leroy,12,MANTA
1:12.56 BRANTNOV Mike Jotautas,12,COBRA
1:12.6B DCSCNOV Graham Cox,12,FAST
1:12.73 BROCKOCT Eric Yuill,12,TRENT
1:13.33 CASCOCT Kelly Albrecht,11,RDCSC
1:13.36 ONANOV Stephen Preston,11,NEW
1:13.53 BRANTNOV Frederic Savo,12,CAMO
1:13.77 BROCKOCT John Green,12,OSHAC
1:13.91 BROCKOCT David Schulze,12,BTSC

200 METRES BACKSTROKE
Rec: 2:18.94 M.Henderson,CASC,91
2:18.98 PCSCNOV Mark Wyjad,12,PCSC
2:29.27 HWACOCT Michael Ragona,12,HWAC
2:29.91 RACERDEC Greg Bate,12,RAYS
2:30.70 HWACOCT Cory Bardossy,12,HWAC
2:31.35 RACERDEC Kelly Albrecht,12,RDCSC
2:31.B2 CASCOCT Riley Janes,12,GOLD
2:31.86 ONANOV Mason Fraser,12,OAK
2:31.90 ONAANOV Marc-P. Piche,12,BOSC
2:33.14 BRANTNOV Michael Lockett,12,PICK
2:34.00 VICONOV Todd Quesnel,12,PDSA
2:34.35 ONAANOV Andrew Kwa,12,RHAC
2:34.57 ONANOV David Cheung,11,CREST
2:34.5B BRANTNOV Frederic Savo,12,CAMO
2:35.31 DCSCNOV Graham Cox,12,FAST
2:35.39 CASCOCT Dallas Dyson,12,OSC
2:35.41 ONANOV Stephen Preston,11,NEW
2:36.02 RACERDEC Roland Bouhart,12,KAJ
2:36.72 BROCKOCT Eric Yuill,12,TRENT
2:37.05 ONANOV Mike Jotautas,12,COBRA
2:37.11 RACERDEC Chris Sawbridge,12,IS
2:37.13 ONAANOV Robbie Berger,12,BOSC
2:37.34 ONANOV Craig Ross,12,OAK
2:37.B7 BRANTNOV Richard Bauer,12,BRANT
2:37.96 PCSCNOV Neil Shaw,12,PCSC
2:3B.42 GOLDNOV Noah Miller,12,ROD

100 METRES BREASTSTROKE
Rec: 1:10.54 M.Mason,ESC,B7
1:16.16 LLSCNOV David Schulze,12,BTSC
1:16.31 RACERDEC Jason Hunter,12,IS
1:18.90 ONANOV John Lim,12,COBRA
1:1B.92 HWACOCT Michael Ragona,12,HWAC
1:1B.92 RACERDEC Tyler Petrusic,12,SKSC
1:19.2B ONANOV David Cheung,11,CREST
1:19.30 BBFOCT Mark Wyjad,12,PCSC
1:19.B5 BBFOCT Nicolas Jorgensen,12,PCSC
1:20.33 ONANOV Daniel Wells,12,NEW
1:20.68 ONAANOV Robbie Berger,12,BOSC
1:21.60 BRANTNOV Thomas Zochowski,12,NYAC
1:21.60 RACERDEC Neil Evans,12,SPART
1:21.72 BROCKOCT John Green,12,OSHAC
1:21.9B ONANOV Robert Wood,12,OAK
1:22.07 PEPSIOCT Jose Walsh,12,SCAR
1:22.11 ONAANOV Robert Gouley,12,SSMAC
1:22.23 BRANTNOV Yoni Feingold,11,PCSC
1:22.52 EBSCNOV John M. Mills,12,GO
1:22.66 CNCINOV Steve Vallieres,12,ELITE
1:22.67 ONAANOV Matthew Lauzon,12,BOSC
1:22.B1 BRANTNOV David Quane,12,PCSC
1:22.92 ONANOV Che'o'Neil Mineque,12,CREST
1:22.95 EBSCNOV Joe Walsh,12,SCAR
1:22.97 CNCINOV Gary Monaghan,12,CSQ
1:23.01 SLNOV Eric Chartrand,12,SUPER

200 METRES BREASTSTROKE
Rec: 2:33.91 M.Mason,ESC,B7
2:46.14 RACERDEC Jason Hunter,12,IS
2:4B.12 BROCKOCT David Schulze,12,BTSC
2:49.96 RACERDEC Tyler Petrusic,12,SKSC
2:50.54 ONANOV Daniel Wells,12,NEW
2:51.94 ONANOV David Cheung,11,CREST
2:54.59 BRANTNOV John Lim,11,COBRA
2:55.34 BRANTNOV David Quane,12,PCSC
2:55.4B HWACOCT Michael Ragona,12,HWAC
2:55.77 ONANOV Lee Ooi,12,EBSC
2:55.B1 ONAANOV Robert Gouley,12,SSMAC
2:55.94 RACERDEC Neil Evans,12,SPART
2:57.13 GOLDNOV Robbie Cowan,12,GOLD
2:57.60 ONANOV Robert Wood,12,OAK
2:57.6B CNCINOV Steve Vallieres,12,ELITE
2:58.03 BRANTNOV Yoni Feingold,11,PCSC
2:5B.07 TOMACOCT Robbie Berger,12,BOSC
2:5B.14 ONANOV Che'o'Neil Mineque,12,CREST
2:58.87 RACERDEC Jordan Rasmussen,12,PDSA
2:5B.92 CNCINOV Gary Monaghan,12,CSQ
2:59.2B ONAANOV Matthew Lauzon,12,BOSC
2:59.34 BRANTNOV Richard Bauer,12,BRANT
2:59.39 RACERDEC William Chow,12,HYACK
2:59.6B BROCKOCT Eric Yuill,13,TRENT
2:59.6B BRANTNOV Thomas Zochowski,12,NYAC
3:00.04 BRANTNOV Kyle Smerdon,12,NYAC

100 METRES BUTTERFLY
Rec: 1:02.37 D.Chorney,TMSC,91/M.Calkins,IS,91
1:03.40 CNCINOV Jonathan Cantin,14,PLUS
1:03.55 CNCINOV Marc-A. Pelletier,14,CSQ
1:06.47 ONANOV John M. Mills,12,GO
1:08.67 BRANTNOV Mark Wyjad,12,PCSC
1:09.02 ONAANOV Stephane Doire,12,TMSC
1:09.23 ONANOV Jay McKechnie,12,EBSC
1:09.81 BRANTNOV Eric Gabsch,12,TOMAC
1:10.22 RACERDEC Jason Hunter,12,IS
1:10.35 PEPSIOCT Brian Han,12,PEPSI
1:11.47 BROCKOCT Eric Yuill,12,TRENT
1:11.54 HWACOCT Cory Bardossy,12,HWAC
1:11.65 RACERDEC Shawn Johnston,12,PDSA
1:11.83 LASCNOV Trent Smith,12,RACE
1:12.59 VICONOV Daniel Weckend,12,IS
1:12.6B RACERDEC Kyle Hancock,12,CRKW
1:13.03 RACERDEC Tyler Weiss,11,SKSC
1:13.04 ONANOV Robbie Taylor,12,COBRA
1:13.36 LASCNOV Kwasi Boadi,12,UCSC
1:13.37 ONANOV Brad Jones,11,NKB
1:13.75 RACERDEC Brett Liljefors,11,PDSA
1:13.B2 HWACOCT Michael Ragona,12,HWAC
1:13.B7 GOLDNOV Ryan Acaster,12,BKSC
1:14.14 BBFOCT Ryan Mallette,12,DDO
1:14.25 NEOROCT Mitchell Reid,12,TMSC
1:14.31 BRANTNOV John Calnan,12,NYAC

200 METRES BUTTERFLY
Rec: 2:17.46 Andrew Cho,HYACK,91
2:27.0B ONAANOV Stephane Doire,12,TMSC
2:34.05 ONANOV Jay McKechnie,12,EBSC
2:34.2B BRANTNOV Mark Wyjad,12,PCSC
2:35.B5 PCSCNOV Eric Gabsch,12,TOMAC
2:36.19 RACERDEC Jason Hunter,12,IS
2:40.96 VICONOV Daniel Weckend,12,IS
2:41.55 RACERDEC Chris Sawbridge,12,IS
2:42.31 HWACOCT Cory Bardossy,12,HWAC
2:44.03 RACERDEC Shawn Johnston,12,PDSA
2:44.11 BRANTNOV Glen Steacy,12,LAC
2:44.23 RACERDEC Tyler Weiss,11,SKSC
2:44.99 BRANTNOV John Calnan,12,NYAC
2:45.06 GOLDNOV Ryan Acaster,12,BKSC
2:45.53 RACERDEC Lee Patterson,11,IS
2:46.35 VICONOV Shaun Johnson,11,PDSA
2:47.41 BRANTNOV Anthony Decaria,11,PEPSI
2:47.45 ONAANOV Matthew Lauzon,12,BOSC
2:47.57 BRANTNOV Nathan McInnis,12,LAC
2:47.57 BRANTNOV Kasy Soare,11,NYAC
2:47.71 RACERDEC Kelly Albrecht,12,RDCSC
2:4B.10 BRANTNOV Alex Middleton,12,PEPSI
2:4B.33 ONANOV Brad Jones,11,NKB
2:49.27 VICONOV Josh Kube,11,IS
2:50.02 CNCINOV Timothee DeWailly,11,CSQ
2:51.64 GOLDNOV Ryan Keesey,12,GOLD

200 METRES IND.MEDLEY
Rec: 2:17.72 D.Wake,YLSC,90
2:24.93 PCSCNOV Mark Wyjad,12,PCSC
2:30.02 ONANOV John M. Mills,12,GO
2:31.00 BRANTNOV Cory Bardossy,12,HWAC
2:31.66 CAGNOV Yannick Lupien,12,CAGRA
2:32.71 HWACOCT Michael Ragona,12,HWAC
2:33.01 ONANOV Jay McKechnie,12,EBSC
2:34.17 RACERDEC Jason Hunter,12,IS
2:34.22 BROCKOCT David Schulze,12,BTSC
2:34.B3 VICONOV Greg Bate,12,RAYS
2:36.25 GOLDNOV Oliver Leroy,12,MANTA
2:36.43 ONANOV David Cheung,11,CREST
2:36.89 ONAANOV Andrew Kwa,12,RHAC
2:37.07 CASCOCT Dallas Dyson,12,OSC
2:37.41 VICONOV Daniel Weckend,12,IS
2:37.94 BRANTNOV Eric Gabsch,12,TOMAC
2:3B.14 GOLDNOV Riley Janes,12,GOLD
2:3B.2B BRANTNOV Glen Steacy,12,LAC
2:3B.51 RACERDEC Kelly Albrecht,12,RDCSC
2:3B.74 ONAANOV Robert Gouley,12,SSMAC
2:39.19 BROCKOCT John Green,12,OSHAC
2:39.39 VICONOV Todd Quesnel,12,PDSA
2:39.71 ONANOV Stephen Preston,11,NEW
2:39.94 RACERDEC Tyler Petrusic,12,SKSC
2:40.06 ONANOV Ryan Devald,12,NEW
2:40.29 ONAANOV Joey Stewart,11,KWY

400 METRES IND.MEDLEY
Rec: 4:52.80 J.White,LAC,90
5:01.61 BRANTNOV Mark Wyjad,12,PCSC
5:13.39 ONAANOV Stephane Doire,12,TMSC
5:1B.66 BRANTNOV Cory Bardossy,12,HWAC
5:22.94 RACERDEC Jason Hunter,12,IS
5:29.32 BRANTNOV Richard Bauer,12,BRANT
5:29.34 BRANTNOV Glen Steacy,13,LAC
5:29.71 BRANTNOV Eric Gabsch,12,TOMAC
5:31.33 BRANTNOV Frederic Savo,12,CAMO
5:31.82 RACERDEC Daniel Weckend,12,IS
5:32.1B RACERDEC Tyler Petrusic,12,SKSC
5:32.33 RACERDEC Kelly Albrecht,12,RDCSC
5:32.73 ONANOV David Cheung,11,CREST
5:34.05 CVACNOV Graham Cox,12,FAST
5:35.15 ONAANOV Robert Gouley,12,SSMAC
5:35.77 GOLDNOV Oliver Leroy,12,MANTA
5:37.73 GOLDNOV Ryan Keesey,12,GOLD
5:40.21 RACERDEC Greg Bate,12,RAYS
5:41.20 BRANTNOV Kyle Smerdon,12,NYAC
5:42.B9 GOLDNOV Riley Janes,12,GOLD
5:43.06 CNCINOV Gary Monaghan,12,CSQ
5:43.07 ONANOV Lee Ooi,12,EBSC
5:44.55 RACERDEC George Loukidis,12,PDSA
5:45.96 RACERDEC Kyle Hancock,12,CRKW
5:46.11 SJSOCT Muga Miyakawa,11,MANTA
5:47.00 GOLDNOV Robbie Cowan,12,GOLD

4X50 M MEDLEY RELAY
Rec: 2:05.03 Mississauga AC,TOMAC,92
2:13.B2 RACERDEC Island Swimming,IS
2:14.4B ONANOV City of Brampton AC,COBRA
2:14.5B BRANTNOV Pointe Claire SC,PCSC
2:17.01 LASCNOV Univ.Calgary SC,UCSC
2:17.16 VICONOV Pacific Dolphin SA,PDSA
2:17.19 ONAANOV Bluewater Otters,BOSC
2:17.24 BROCKOCT Barrie Trojans,BTSC
2:17.25 CASCOCT Saskatoon Goldfins,GOLD
2:17.63 BROCKOCT Oakville AC,OAK
2:17.B0 BRANTNOV Brantford AC,BRANT
2:1B.4B BRANTNOV North York AC,NYAC
2:19.03 RACERDEC Surrey KnightsSC,SKSC
2:19.17 LASCNOV Edmonton Racers,RACE
2:19.94 ONANOV Newmarket SC,NEW
2:20.53 HWACOCT Hamilt-Wentworth AC,HWAC
2:21.3B PCSCNOV Mississauga AC,TOMAC
2:21.51 ONANOV Ernestown Barracudas,EBSC
2:22.66 ONANOV Crescent Town SC,CREST
2:23.11 BROCKOCT Oshawa AC,OSHAC
2:23.29 ONANOV Nepean Kanata,NKB
2:26.49 CASCOCT Cascade Swim Club,CASC
2:27.15 BRANTNOV Pepsi Swimming,PEPSI
2:27.24 DCSCNOV Fredericton Aquanauts,FAST
2:27.49 ONAANOV Chatham Y,CYPS
2:27.57 ONANOV Guelph Marlin AC,GMAC

4X50 M FREE RELAY
Rec: 1:51.22 London Aquatic,LAC,B8
1:57.69 BBFOCT Pointe Claire SC,PCSC
1:5B.42 RACERDEC Pacific Dolphin SA,PDSA
1:5B.69 LASCNOV Univ.Calgary SC,UCSC
2:00.5B PCSCNOV Mississauga AC,TOMAC
2:00.67 BRANTNOV Hamilt-Wentworth AC,HWAC
2:00.79 ONANOV Oakville AC,OAK
2:03.22 BRANTNOV North York AC,NYAC
2:03.37 ONANOV City of Brampton AC,COBRA
2:04.22 GOLDNOV Saskatoon Goldfins,GOLD
2:04.2B TOMACOCT Bluewater Otters,BOSC
2:04.46 RACERDEC Island Swimming,IS
2:05.19 ONANOV Newmarket SC,NEW
2:05.39 ONANOV Laurentian Univ.SC,LUSC
2:05.52 BRANTNOV Brantford AC,BRANT
2:06.0B ONANOV Guelph Marlin AC,GMAC
2:06.38 ONANOV Ernestown Barracudas,EBSC
2:06.57 CASCOCT Red Deer Catalina SC,RDCSC
2:07.21 ONAANOV Tillsonburg AT,TAT
2:07.47 BBFOCT Dollard Swim Team,DDO
2:07.60 CASCOCT Cascade Swim Club,CASC
2:07.77 ONANOV Nepean Kanata,NKB
2:07.B2 RACERDEC Surrey KnightsSC,SKSC
2:0B.63 DCSCNOV Fredericton Aquanauts,FAST
2:0B.76 CASCOCT Calgary Patriots,CP
2:0B.B1 LASCNOV Edmonton Racers,RACE

TOP AGE GROUP TIMES

1993 SHORT COURSE TAG®

GIRLS 13-14

50 METRES FREESTYLE
Rec: 26.04 K.Topham,MANTA,88
27.04 ONANOV Laura Nicholls,14,ROW
27.67 UCSCNOV Marsha Hamilton,14,UCSC
27.75 ONANOV Robyn Miller,14,COBRA
27.92 BRANTNOV Nicole Davey,13,MAC
27.93 PEPSIDEC Tanya Stachiw,13,PEPSI
27.93 BBSCNOV Marilyn Chiang,14,TPRR
27.98 GOLDNOV Rikki Janes,13,GOLD
28.00 RACERDEC Andrea Moody,14,SPART
28.23 ONANOV Carly Porter,14,COBRA
28.36 GOLDNOV Christa Burgess,13,ROD
28.37 RACERDEC Melissa Knox,14,PDSA
28.38 BRANTNOV Jennifer Button,14,ROW
28.45 VICONOV Kate Brambley,13,IS
28.47 BRANTNOV Robin Allen,14,BYAC
28.47 BRANTNOV Julie Kecskemeti,13,HWAC
28.49 DCSCNOV Stephanie Hughes,14,HTAC
28.52 PEPSIDEC Jaclyn Moro,13,PEPSI
28.54 CASCOCT Megan Gillis,13,CP
28.61 ONANOV Meredith Davis,13,NKB
28.61 CNCINOV Cynthia Graton,14,CSQ
28.63 GOLDNOV Janet Cook,13,YLSC
28.68 VICONOV Andrea Wright,14,IS
28.68 BRANTNOV Elaine Duranceau,13,PCSC
28.69 DCSCNOV Angela MacAlpine,14,CCSC
28.71 PEPSIDEC Marsha Clouthier,14,USC

100 METRES FREESTYLE
Rec: 56.29 S.Collins,ROD,90
58.38 ONANOV Laura Nicholls,14,ROW
59.82 UCSCNOV Marsha Hamilton,14,UCSC
1:00.33 ONANOV Robyn Miller,14,COBRA
1:00.37 PEPSIDEC Marsha Clouthier,14,USC
1:00.72 BRANTNOV Nicole Davey,13,MAC
1:00.78 GOLDNOV Rikki Janes,13,GOLD
1:00.80 ONANOV Carly Porter,14,COBRA
1:01.11 BRANTNOV Willa Bostock,14,PEPSI
1:01.11 RACERDEC Melissa Knox,14,PDSA
1:01.21 CNCINOV Sophie Simard,14,CNCI
1:01.37 RACERDEC Andrea Moody,14,SPART
1:01.42 CASCOCT Megan Gillis,13,CP
1:01.65 BRANTNOV Julie Kecskemeti,13,HWAC
1:01.69 PEPSIDEC Jaclyn Moro,13,PEPSI
1:01.70 PEPSIDEC Tanya Stachiw,13,PEPSI
1:01.76 PEPSIOCT Elizabeth Warden,14,SCAR
1:01.77 VICONOV Kate Brambley,13,IS
1:01.97 GOLDNOV Christa Burgess,13,ROD
1:01.97 CNCINOV Cynthia Graton,14,CSQ
1:02.00 BRANTNOV Elaine Duranceau,13,PCSC
1:02.03 VICONOV Andrea Wright,14,IS
1:02.11 ONANOV Jean Ooi,14,EBSC
1:02.32 RODOCT Susan Banman,14,ROD
1:02.34 ONAANOV Robin Allen,14,BYAC
1:02.36 RACERDEC Jackie Sallee,13,PDSA

200 METRES FREESTYLE
Rec: 2:00.88 J.Kerr,ESC,83
2:07.72 PEPSIDEC Elizabeth Warden,14,SCAR
2:08.66 BBSCNOV Marilyn Chiang,14,TPRR
2:09.59 UCSCNOV Melissa Knox,14,PDSA
2:09.86 ONANOV Laura Nicholls,14,ROW
2:10.79 BRANTNOV Angie Hooker,14,LAC
2:10.93 ONANOV Carly Porter,14,COBRA
2:11.08 PEPSIDEC Susan Furs,14,PEPSI
2:11.79 ONANOV Christine Cline,14,NEW
2:12.31 BRANTNOV Marie-H. Savo,14,CAMO
2:12.41 VICONOV Catrin Jones,13,IS
2:12.80 CNCINOV Sophie Simard,14,CNCI
2:12.88 ONANOV Shannon Marklew,14,NKB
2:12.95 ONANOV Robyn Miller,14,COBRA
2:12.96 RACERDEC Kristine McGraw,13,IS
2:13.14 ONANOV Joanne Figliano,14,NEW
2:13.49 BRANTNOV Elaine Duranceau,13,PCSC
2:14.40 UCSCNOV Marsha Hamilton,14,UCSC
2:14.47 BRANTNOV Michelle Prosek,14,HWAC
2:14.64 HWACOCT Marsha Clouthier,14,USC
2:14.90 TOMACOCT Jane Axford,14,TOMAC
2:14.98 BRANTNOV Kristin Procter,14,BRANT
2:14.99 BROCKOCT Lesley Oake,14,TRENT

400 METRES FREESTYLE
Rec: 4:14.43 E.Purvis,CDSC,85
4:26.38 ONANOV Elizabeth Warden,14,SCAR
4:26.69 UCSCNOV Melissa Knox,14,PDSA
4:28.91 ONANOV Julie Gravelle,13,GO
4:33.34 CNCINOV Sophie Simard,14,CNCI
4:34.52 BRANTNOV Angie Hooker,14,LAC
4:34.54 BRANTNOV Michelle Prosek,14,HWAC
4:34.84 ONANOV Marsha Clouthier,14,USC
4:35.49 RACERDEC Catrin Jones,13,IS
4:36.69 BRANTNOV Sarah Watson,13,HWAC
4:36.71 BROCKOCT Lesley Oake,14,TRENT
4:37.27 PEPSIDEC Susan Furs,14,PEPSI
4:38.19 RACERDEC Kristine McGraw,13,IS
4:38.67 ONANOV Shannon Marklew,14,NKB
4:39.15 PEPSIDEC Jane Axford,14,TOMAC
4:40.19 ONANOV Joanne Figliano,14,NEW
4:40.58 VICONOV Jessica Krajicek,14,PDSA
4:41.11 ONANOV Kiza Francis,13,TBT
4:42.74 ONANOV Carly Porter,14,COBRA
4:43.57 ONANOV Leslie Rey,14,KBM
4:44.26 BRANTNOV Ana Cenanovic,14,TOMAC
4:44.40 GOLDNOV Rikki Janes,13,GOLD
4:44.62 VICONOV Marlena Prill,14,IS
4:44.65 UCSCNOV Marsha Hamilton,14,UCSC
4:44.78 BRANTNOV Elaine Duranceau,13,PCSC
4:44.81 ONANOV Alison Jones,13,SCAR

800 METRES FREESTYLE
Rec: 8:40.43 E.Purvis,CDSC,86
9:01.97 UCSCNOV Melissa Knox,14,PDSA
9:16.67 ONANOV Julie Gravelle,13,GO
9:19.98 PEPSIDEC Jane Axford,14,TOMAC
9:20.43 SAGOCT Sophie Simard,14,CNCI
9:25.00 RACERDEC Kristine McGraw,13,IS
9:27.87 RACERDEC Catrin Jones,13,IS
9:29.62 RACERDEC Jessica Krajicek,14,PDSA
9:33.05 ONANOV Kiza Francis,13,TBT
9:38.34 ONANOV Shannon Marklew,14,NKB
9:39.96 GOLDNOV Rikki Janes,13,GOLD
9:41.36 ONANOV Alison Jones,13,SCAR
9:41.92 ONANOV Leslie Rey,14,KBM
9:49.22 RACERDEC Lindsay Morris,13,IS
9:49.31 RACERDEC Tanya Smith,13,IS
9:50.18 RACERDEC Kelly Doody,13,CASC
9:50.95 VICONOV Marlena Prill,14,IS
9:52.16 ONANOV Joanne Figliano,14,NEW
9:52.29 VICONOV Jackie Sallee,13,PDSA
9:52.55 VICONOV Meeghan Power,14,PDSA
9:54.35 ONAANOV Sara Mowat,14,STARS
9:56.63 VICONOV Kelly Ellis,13,PSW
9:57.17 RACERDEC Pia Larsen,14,AQUA

100 METRES BACKSTROKE
Rec: 1:02.21 S.Weckend,IS,92
1:05.47 ONANOV Elizabeth Warden,14,SCAR
1:06.00 BRANTNOV Marie-H. Savo,14,CAMO
1:06.21 BBSCNOV Marilyn Chiang,14,TPRR
1:06.37 PEPSIDEC Lesley Oake,14,TRENT
1:06.45 ONAANOV Ashleigh Crowder,14,WISC
1:08.16 BRANTNOV Amy Pawson,14,PCSC
1:08.46 ONANOV Laura Nicholls,14,ROW
1:08.58 PEPSIDEC Ana Cenanovic,14,TOMAC
1:08.71 PEPSIDEC Renee Oake,14,TRENT
1:08.71 CNCINOV Cynthia Graton,14,CSQ
1:08.89 ONANOV Courtney Hayley,14,GO
1:08.96 ONANOV Lisa Parwicki,14,COBRA
1:09.16 ONANOV Tara Ross,13,NEW
1:09.36 ONANOV Shannon Marklew,14,NKB
1:09.41 CASCOCT Rikki Janes,13,GOLD
1:09.44 RODOCT Susan Banman,14,ROD
1:09.53 RACEROEC Diana Bate,14,RAYS
1:09.76 DCSCNOV Lisa Grant,14,WW
1:09.86 ONANOV Melissa Thomas,13,USC
1:09.93 DCSCNOV Angela MacAlpine,14,CCSC
1:10.24 ONANOV Jen Archdeklin,14,COBRA
1:10.36 RACERDEC Jill Friend,13,KAJ
1:10.55 VICONOV Andrea Wright,14,IS
1:10.92 RACERDEC Kelly Doody,13,CASC
1:10.94 CASCOCT Doris Ho,14,CASC

200 METRES BACKSTROKE
Rec: 2:14.36 S.Weckend,IS,92
2:19.13 ONANOV Elizabeth Warden,14,SCAR
2:20.96 ONAANOV Ashleigh Crowder,14,WISC
2:22.86 PEPSIDEC Lesley Oake,14,TRENT
2:23.46 ONANOV Shannon Marklew,14,NK8
2:24.69 BRANTNOV Amy Pawson,14,PCSC
2:25.29 BRANTNOV Marie-H. Savo,14,CAMO
2:25.31 PEPSIDEC Susan Furs,14,PEPSI
2:25.34 PEPSIDEC Renee Oake,14,TRENT
2:25.57 ONANOV Tara Ross,13,NEW
2:26.06 CNCINOV Cynthia Graton,14,CSQ
2:27.60 ONANOV Courtney Hayley,14,GO
2:27.82 ONANOV Kim Francis,16,TBT
2:27.92 PEPSIDEC Ana Cenanovic,14,TOMAC
2:28.48 BRANTNOV Laura Nicholls,14,ROW
2:28.48 RACERDEC Diana Bate,14,RAYS
2:28.68 CNCINOV Sophie Simard,14,CNCI
2:29.00 DCSCNOV Lisa Grant,14,WW
2:29.66 GOLDNOV Rikki Janes,13,GOLD
2:30.38 VICONOV Kelly Ellis,13,PSW
2:30.46 BRANTNOV Angie Hooker,14,LAC
2:30.75 ONANOV Melissa Thomas,13,USC
2:31.03 ONAANOV Sarah Kennedy,13,SSMAC
2:31.10 ONAANOV Anne Cassidy,13,EYSC
2:31.17 BRANTNOV Elaine Duranceau,13,PCSC
2:31.18 DCSCNOV Angela MacAlpine,14,CCSC

100 METRES BREASTSTROKE
Rec: 1:08.64 A.Higson,ESC,88
1:13.72 PEPSIDEC Alicia Cowan,14,EYSC
1:14.92 PEPSIDEC Willa Bostock,14,PEPSI
1:16.64 PEPSIDEC Elizabeth Warden,14,SCAR
1:16.97 ONANOV Nicole Harper,14,NEW
1:17.13 GOLDNOV Rachelle DeJong,13,ROD
1:17.34 ONANOV Brandie Smith,13,GMAC
1:17.77 BRANTNOV Alina Toma,13,AAC
1:17.86 VICONOV Lauren Van Oosten,13,IS
1:17.91 ONANOV Alyson Dalton,14,NEW
1:18.28 CASCOCT Karin Vancampenhout,14,EKSC
1:18.81 ONAANOV Jeanine Doret,13,LSC
1:18.84 VICONOV Christin Petelski,14,IS
1:19.22 PEPSIDEC Katie O'Dwyer,13,PEPSI
1:19.45 ONANOV Kristen Kerry,14,COBRA
1:19.66 GOLDNOV Doris Ho,14,CASC
1:19.78 ONAANOV Andrea Bedard,13,CSL
1:19.85 GPPOCT Danielle Dickson,13,YKPB
1:19.88 TOMACOCT Christina Hajdu,13,RHAC
1:19.97 ONANOV Erin Jones,13,NKB
1:20.01 ONANOV Carole Cottingham,13,NEW
1:20.09 ONANOV Jennifer Noddle,13,COBRA
1:20.15 TOMACOCT Mandy Salmikivi,14,BOSC
1:20.15 BRANTNOV Jessica Smith,14,BRANT
1:20.15 PEPSIOCT Erin Jones,92,USA
1:20.20 BRANTNOV Amy Lanza,13,BOSS

200 METRES BREASTSTROKE
Rec: 2:26.48 A.Higson,ESC,88
2:40.71 PEPSIDEC Willa Bostock,14,PEPSI
2:44.09 PEPSIDEC Alicia Cowan,14,EYSC
2:44.95 RACERDEC Melissa Knox,14,PDSA
2:46.35 PEPSIDEC Alina Toma,14,AAC
2:46.69 NRSTNOV Lauren Van Oosten,14,IS
2:47.18 GOLDNOV Rachelle DeJong,13,ROD
2:47.22 GOLDNOV Kristyn Ullberg,13,MANTA
2:48.12 ONANOV Carole Cottingham,13,NEW
2:48.35 ONANOV Brandie Smith,13,GMAC
2:50.00 ONAANOV Christina Hajdu,13,RHAC
2:50.30 VICONOV Christin Petelski,14,IS
2:50.31 BRANTNOV Kristin Keery,14,COBRA
2:50.48 RACERDEC Kristine McGraw,13,IS
2:50.75 ONANOV Nicole Harper,14,NEW
2:50.88 BRANTNOV Gena Milligan,13,MAC
2:51.36 TOMACOCT Mandy Salmikivi,14,BOSC
2:51.43 BRANTNOV Carla DiFilippo,14,HWAC
2:51.63 ONAANOV Andrea Bedard,13,CSL
2:51.80 TOMACOCT Jane Axford,14,TOMAC
2:52.61 ONAANOV Valerie Alessio,14,CSL
2:52.88 BRANTNOV Amy Lanza,13,BOSS
2:53.24 ONANOV Erin Jones,13,NKB
2:53.77 RACERDEC Kim Snellings,14,AQUA
2:53.83 DCSCNOV Stephanie Hughes,14,HTAC
2:53.85 GOLDNOV Karin Vancampenhout,14,EKSC

100 METRES BUTTERFLY
Rec: 1:03.02 S.Marchand,ENL,88
1:05.53 ONANOV Marsha Clouthier,14,USC
1:06.24 ONANOV Christine Cline,14,NEW
1:06.44 ONANOV Jean Ooi,14,EBSC
1:07.03 BBSCNOV Marilyn Chiang,14,TPRR
1:07.21 BRANTNOV Nicole Davey,13,MAC
1:07.47 GOLDNOV Doris Ho,14,CASC
1:07.73 CNCINOV Sophie Simard,14,CNCI
1:07.94 ONANOV Laura Lee,14,USC
1:08.13 PEPSIDEC Tanya Stachiw,13,PEPSI
1:08.24 ONANOV Carly Porter,14,COBRA
1:08.74 CASCOCT Rikki Janes,13,GOLD
1:08.74 BRANTNOV Jane Axford,14,TOMAC
1:08.87 GOLDNOV Jolanta Przepiorka,14,ROD
1:08.87 PEPSIOCT Elizabeth Warden,14,SCAR
1:08.91 BRANTNOV Gena Milligan,13,MAC
1:08.92 OCSCNOV Krista Morrison,14,FAST
1:09.14 VICONOV Catrin Jones,13,IS
1:09.45 RACERDEC Kelly Doody,13,CASC
1:09.52 BRANTNOV Angelina Wood,14,PCSC
1:09.69 BRANTNOV Jaclyn Moro,13,PEPSI
1:09.78 OCSCNOV Angela MacAlpine,14,CCSC
1:09.92 ONANOV Robyn Goraj,14,COBRA
1:10.09 BROCKOCT Sarah Burke,14,MUSAC
1:10.35 PEPSIDEC Susan Furs,14,PEPSI
1:10.45 CNCINOV Ariane Chamberland,14,PLUS

200 METRES BUTTERFLY
Rec: 2:13.75 S.Marchand,ENL,88
2:21.00 ONANOV Marsha Clouthier,14,USC
2:23.24 OCSCNOV Krista Morrison,14,FAST
2:23.28 ONANOV Jean Ooi,14,EBSC
2:26.32 CNCINOV Sophie Simard,14,CNCI
2:27.44 ONANOV Cheryl Cline,12,NEW
2:27.56 BRANTNOV Gena Milligan,13,MAC
2:27.69 BRANTNOV Jane Axford,14,TOMAC
2:27.85 BRANTNOV Cori Upson,14,HWAC
2:29.36 VICONOV Amanda Downing,13,IS
2:29.49 RACERDEC Melissa Knox,14,PDSA
2:29.54 BRANTNOV Angelina Wood,14,PCSC
2:30.27 GOLONOV Doris Ho,14,CASC
2:31.59 RACEROEC Catrin Jones,13,IS
2:31.68 RACERDEC Meeghan Power,14,PDSA
2:31.70 ONANOV Julie Gravelle,13,GO
2:31.86 RACERDEC Tanya Smith,13,IS
2:32.14 PEPSIDEC Laura Lee,14,USC
2:32.34 UCSCNOV Jolanta Przepiorka,14,ROO
2:32.37 PEPSIDEC Susan Furs,14,PEPSI
2:33.29 ONANOV Carly Porter,14,COBRA
2:33.44 BROCKOCT Christine Cline,14,NEW
2:33.51 RACERDEC Anna Marandi,14,POSA
2:34.47 ONANOV Robyn Goraj,14,COBRA
2:35.42 ONAANOV Meghan Henderson,14,TAT
2:35.45 BRANTNOV Marie-H. Savo,14,CAMO

200 METRES IND.MEDLEY
Rec: 2:16.79 A.Higson,ESC,87
2:21.58 PEPSIDEC Elizabeth Warden,14,SCAR
2:23.13 PEPSIDEC Marsha Clouthier,14,USC
2:23.99 BBSCNOV Marilyn Chiang,14,TPRR
2:26.07 RACERDEC Amanda Bedard,14,PN
2:27.98 ONANOV Laura Nicholls,14,ROW
2:28.13 ONANOV Jean Ooi,14,EBSC
2:28.58 RACERDEC Melissa Knox,14,PDSA
2:28.96 BRANTNOV Jane Axford,14,TOMAC
2:29.21 BRANTNOV Marie-H. Savo,14,CAMO
2:30.00 PEPSIDEC Lesley Oake,14,TRENT
2:30.22 BRANTNOV Angelina Wood,14,PCSC
2:30.71 RACERDEC Kristine McGraw,13,IS
2:30.83 PEPSIDEC Katie O'Dwyer,13,PEPSI
2:31.18 BRANTNOV Gena Milligan,13,MAC
2:31.26 GOLDNOV Rikki Janes,13,GOLD
2:31.40 PEPSIDEC Susan Furs,14,PEPSI
2:31.79 PEPSIDEC Laura Lee,14,USC
2:31.90 VICONOV Marlena Prill,14,IS
2:32.53 BRANTNOV Elaine Duranceau,13,PCSC
2:32.63 BRANTNOV Willa Bostock,14,PEPSI
2:33.21 PEPSIOCT Lisa Parwicki,14,COBRA
2:33.33 ONAANOV Ashleigh Crowder,14,WISC
2:33.44 ONANOV Courtney Hayley,14,GO
2:33.68 BRANTNOV Jaclyn Moro,13,PEPSI

400 METRES IND.MEDLEY
Rec: 4:50.13 A.Higson,ESC,88
5:02.53 ONANOV Elizabeth Warden,14,SCAR
5:04.69 PEPSIDEC Marsha Clouthier,14,USC
5:04.99 BBSCNOV Marilyn Chiang,14,TPRR
5:08.39 BRANTNOV Gena Milligan,13,MAC
5:08.69 BRANTNOV Jane Axford,14,TOMAC
5:08.82 RACERDEC Melissa Knox,14,PDSA
5:09.39 CNCINOV Sophie Simard,14,CNCI
5:13.31 RACERDEC Kristine McGraw,13,IS
5:13.50 ONANOV Jean Ooi,14,EBSC
5:17.91 ONANOV Julie Gravelle,13,GO
5:18.95 BRANTNOV Angelina Wood,14,PCSC
5:19.20 BRANTNOV Carla DiFilippo,14,HWAC
5:19.37 RACERDEC Catrin Jones,13,IS
5:19.69 BRANTNOV Elaine Duranceau,13,PCSC
5:21.13 ONANOV Courtney Hayley,14,GO
5:21.81 BRANTNOV Michelle Prosek,14,HWAC
5:21.82 BRANTNOV Marie-H. Savo,14,CAMO
5:22.39 CNCINOV Cynthia Graton,14,CSQ
5:22.58 RACERDEC Jessica Krajicek,14,PDSA
5:23.56 BRANTNOV Cori Upson,14,HWAC
5:23.93 ONANOV Tara Ross,13,NEW
5:24.12 GOLDNOV Doris Ho,14,CASC
5:25.00 VICONOV Marlena Prill,14,IS
5:25.75 ONANOV Laura Lee,14,USC
5:25.75 DCSCNOV Krista Morrison,14,FAST

4X50 M MEDLEY RELAY
Rec: 2:02.87 Regina Opt.Dolphins,ROO,91
2:06.62 ONANOV City of Brampton AC,COBRA
2:08.08 ONANOV Newmarket SC,NEW
2:08.26 GOLDNOV Regina Opt.Dolphins,ROD
2:08.62 BRANTNOV Pepsi Swimming,PEPSI
2:09.12 RACERDEC Cascade Swim Club,CASC
2:09.70 ONANOV Uxbridge SC,USC
2:10.87 ONANOV Nepean Kanata,NKB
2:11.32 GOLDNOV Edmonton Keyano,EKSC
2:11.50 VICONOV Island Swimming,IS
2:11.93 BRANTNOV Pointe Claire SC,PCSC
2:12.71 BRANTNOV Hamilt-Wentworth AC,HWAC
2:12.75 ONANOV Scarborough SC,SCAR
2:12.83 ONAANOV Whitby Iroquois SC,WISC
2:12.85 RACERDEC Pacific Dolphin SA,PDSA
2:12.87 CASCOCT Univ.Calgary SC,UCSC
2:13.21 ONANOV Glouc-Ottawa Kingfish,GO
2:13.23 ONAANOV Richmond Hill AC,RHAC
2:13.25 ONANOV Region of Waterloo,ROW
2:13.52 BRANTNOV North York AC,NYAC
2:14.18 LASCNOV Airdrie Swim Club,AIR
2:14.23 ONAANOV East York SC,EYSC
2:14.67 BRANTNOV Brantford AC,BRANT
2:15.35 BRANTNOV Markham AC,MAC
2:15.86 BRANTNOV Mississauga AC,TOMAC
2:16.46 DCSCNOV Halifax Trojans,HTAC

4X50 M FREE RELAY
Rec: 1:48.69 Regina OO,ROO,91
1:52.43 ONANOV City of Brampton AC,COBRA
1:54.65 BRANTNOV Pepsi Swimming,PEPSI
1:55.22 RACERDEC Pacific Dolphin SA,PDSA
1:56.45 ONANOV Uxbridge SC,USC
1:56.50 GOLDNOV Regina Opt.Dolphins,ROO
1:56.64 BRANTNOV Hamilt-Wentworth AC,HWAC
1:56.76 COBRAOCT Oakville AC,OAK
1:56.93 ONANOV Nepean Kanata,NKB
1:57.04 VICONOV Island Swimming,IS
1:57.12 ONANOV Scarborough SC,SCAR
1:57.17 ONAANOV Whitby Iroquois SC,WISC
1:57.22 BRANTNOV Markham AC,MAC
1:57.79 BBFOCT Pointe Claire SC,PCSC
1:57.95 CASCOCT Cascade Swim Club,CASC
1:58.29 ONANOV Newmarket SC,NEW
1:58.45 CASCOCT Univ.Calgary SC,UCSC
1:58.95 ONANOV Region of Waterloo,ROW
1:59.01 CASCOCT Edmonton Keyano,EKSC
1:59.03 BRANTNOV Brantford AC,BRANT
1:59.66 ONAANOV Richmond Hill AC,RHAC
1:59.70 ONAANOV Tillsonburg AT,TAT
1:59.93 ONAANOV East York SC,EYSC
2:00.23 DCSCNOV Halifax Trojans,HTAC
2:00.24 RACEROEC Vernon KokaneeSC,VKSC
2:00.29 BRANTNOV North York AC,NYAC

TOP AGE GROUP TIMES

1993 SHORT COURSE TAG®

BOYS 13-14

50 METRES FREESTYLE
Rec: 23.57 B.Creelman,TOMAC,85
24.14 BRANTNOV Garret Pulle,14,MAC
24.32 PEPSIDEC Andrew Munro,14,PEPSI
24.62 8RANTNOV Dennis Lau,14,MAC
24.93 GOLDNOV Ian Guillen,14,MANTA
25.07 GOLONOV Steven Foley,14,MM
25.38 VICONOV Michael Calkins,13,IS
25.42 PEPSIOCT Jamie White,14,LAC
26.03 NEOROCT Drew Chorney,14,TMSC
26.05 LASCNOV Paul Oixon,14,LASC
26.13 RACERDEC Travis Leyenhorst,14,VKSC
26.14 8RANTNOV 8rad Mori,14,MAC
26.15 ONANOV Matt Slater,14,USC
26.15 ONANOV Chris Lim,14,COBRA
26.16 DCSCNOV Danush Viswanathan,14,FAST
26.17 BRANTNOV William Sutherland,13,AAC
26.24 PEPSIOCT David Steiner,14,NYAC
26.26 ONANOV Scott Ross,14,OAK
26.28 CASCOCT Graham Duthie,14,OSC
26.31 ONAANOV Aaron Lo,14,WISC
26.40 LASCNOV Garret Mitchell,13,CASC
26.43 RACEROEC Steven Carson,14,RACER
26.45 ONAANOV Michael Harlow,13,EYSC
26.45 RACERDEC Patrick Goral,14,CASC
26.50 CNCINOV Karl Boily,14,CSQ
26.50 CNCINOV Marc-A. Pelletier,14,CSQ

100 METRES FREESTYLE
Rec: 52.23 G.Pulle,MAC,92
53.65 8RANTNOV Garret Pulle,14,MAC
55.23 PEPSIDEC Andrew Munro,14,PEPSI
55.27 GOLDNOV Ian Guillen,14,MANTA
55.37 GOLDNOV Steven Foley,14,MM
56.39 VICONOV Andrew Cho,14,HYACK
56.40 VICONOV Michael Calkins,13,IS
56.41 BRANTNOV Dennis Lau,14,MAC
56.87 RACERDEC Steven Carson,14,RACER
56.94 RACERDEC Aaron MacNabb,14,VKSC
57.09 RACERDEC Patrick Goral,14,CASC
57.42 CASCOCT Graham Duthie,14,OSC
57.64 ONANOV Chris Lim,14,COBRA
57.77 PEPSIOCT Jamie White,14,LAC
57.90 8RANTNOV William Sutherland,13,AAC
57.91 ONANOV Scott Ross,14,OAK
57.92 RACERDEC Mark Ritchie,14,CASC
57.98 ONANOV Douglas 8rowne,13,ROW
58.10 8RANTNOV Chris Hollins,13,LAC
58.14 ONAANOV Michael Harlow,13,EYSC
58.17 LASCNOV Paul Dixon,14,LASC
58.29 CASCOCT Joshua Pun,13,STSC
58.31 TPRRNOV Jason Lyons,14,FFAJ
58.33 RACERDEC Trevor Fassnidge,14,CASC
58.37 LASCNOV Garret Mitchell,13,CASC
58.38 OCSCNOV Danush Viswanathan,14,FAST

200 METRES FREESTYLE
Rec: 1:53.28 A.Baumann,LUSC,79
1:57.62 PEPSIDEC Andrew Munro,14,PEPSI
1:57.68 BRANTNOV Garret Pulle,14,MAC
1:59.72 BRANTNOV Jamie White,14,LAC
2:02.72 RACERDEC Patrick Goral,14,CASC
2:03.40 BRANTNOV William Sutherland,13,AAC
2:03.41 RACERDEC Andrew Cho,14,HYACK
2:04.15 RACERDEC Tyler Kruger,13,IS
2:04.73 ONANOV Douglas Browne,13,ROW
2:04.76 CASCOCT Graham Duthie,14,OSC
2:05.06 RACERDEC Steven Carson,14,RACER
2:05.12 8RANTNOV Dennis Lau,14,MAC
2:05.19 GOLDNOV Ian Guillen,14,MANTA
2:05.44 ONAANOV Rob Harland,14,TAT
2:05.83 BRANTNOV Ryan Skomorowski,14,8RANT
2:06.00 BRANTNOV Trevor Grieve,15,NYAC
2:06.03 RACEROEC Tae Hwan Park,14,POSA
2:06.38 VICONOV Michael Calkins,13,IS
2:06.60 ONANOV Ryan Tudor-Roberts,14,NKB
2:06.95 ONAANOV Michael Harlow,13,EYSC
2:07.26 RACERDEC Jason Thompson,14,RDCSC
2:07.31 BRANTNOV Jason Fannin,13,AAC
2:07.35 8RANTNOV Greg Miesmer,13,WAC
2:07.65 BROCKOCT Mark Johnson,14,CAJ
2:07.87 VKSCNOV Travis Leyenhorst,14,VKSC
2:07.94 BRANTNOV Anthony Tham,14,NYAC

400 METRES FREESTYLE
Rec: 3:58.32 J.Stevens,MANTA,89
4:09.55 PEPSIDEC Andrew Munro,14,PEPSI
4:11.60 BRANTNOV Jamie White,14,LAC
4:16.21 BROCKOCT Mark Johnson,14,CAJ
4:19.31 RACERDEC Patrick Goral,14,CASC
4:19.37 RACERDEC Steven Carson,14,RACER
4:24.53 SFUOCT Andrew Cho,14,HYACK
4:25.38 RACERDEC Jason Thompson,13,RDCSC
4:26.09 RACERDEC Tyler Kruger,13,IS
4:27.17 8RANTNOV Trevor Grieve,14,NYAC
4:27.35 RACERDEC Tae Hwan Park,14,PDSA
4:27.51 BRANTNOV Ryan Skomorowski,14,BRANT
4:27.60 BRANTNOV Richard Bruner,14,BRANT
4:27.76 8RANTNOV Alex Blazys,13,CAMO
4:28.66 ONANOV Ryan Tudor-Roberts,14,NK8
4:29.02 RACERDEC Philip Weiss,13,SKSC
4:29.04 BRANTNOV Mark Eberlie,14,LAC
4:29.56 BROCKOCT Trevor Boudreau,14,TRENT
4:30.61 GOLDNOV Jamie Sommerfeld,13,GOLD
4:30.61 ONAANOV Rob Harland,14,TAT
4:30.67 CNCINOV Jonathan Cantin,14,PLUS
4:30.78 RACERDEC Paul Hurwitz,14,ARBU
4:30.93 GOLDNOV Scott Flood,14,GOLD
4:30.96 VICONOV Michael Calkins,13,IS
4:31.72 RACERDEC Matthew Henderson,13,CASC
4:31.75 BRANTNOV Matthew Virgini,13,PCSC

1500 METRES FREESTYLE
Rec: 15:32.15 A.8aumann,LUSC,79
17:26.24 RACERDEC Steven Carson,14,RACER
17:32.43 RACERDEC Tim Peterson,13,PDSA
17:39.12 GOLDNOV Ian Guillen,14,MANTA
17:43.11 ONANOV Ryan Tudor-Roberts,14,NK8
17:44.47 RACERDEC Jason Thompson,14,RDCSC
17:47.04 RACERDEC Derek 8rown,14,RDCSC
17:49.02 GOLDNOV Adam MacPherson,14,CASC
17:50.12 ONANOV Lincoln Flanagan,13,KBM
17:50.68 GOLDNOV Scott Flood,14,GOLD
18:01.47 ONAANOV Rob Harland,14,TAT
18:02.18 ONAANOV David Thwaits,14,MYK
18:02.54 RACERDEC Mike Richard,14,KAC
18:06.53 ONANOV Mark Lange,13,SCAR
18:07.21 VICONOV Bryan Jamieson,13,PDSA
18:11.93 DCSCNOV Kevin Dupuis,14,DCSC
18:11.99 GOLDNOV Jamie Sommerfeld,13,GOLD
18:16.49 ONANOV Keith Sutherland,14,OAK
18:16.68 GOLDNOV Daniel Kreutzer,14,SD
18:17.08 SFUOCT Philip Weiss,13,SKSC
18:17.62 RACERDEC Tyler Kruger,13,IS
18:18.87 ONAANOV Chris Warner,13,RHAC
18:21.82 RACERDEC Tyler 8lack,14,CRKW
18:23.50 ONANOV Matthew Johnston,14,BROCK
18:25.66 ONANOV Josh McGee,14,GMAC
18:25.99 ONANOV Jeff Earle,13,NK8

100 METRES BACKSTROKE
Rec: 58.08 G.Pulle,MAC,92
58.08 BRANTNOV Garret Pulle,14,MAC
1:02.54 GOLDNOV Steven Foley,14,MM
1:02.63 VICONOV Andrew Cho,14,HYACK
1:02.91 ONAANOV Drew Chorney,14,TMSC
1:03.46 PEPSIOCT Jamie White,14,LAC
1:03.85 RACERDEC Patrick Goral,14,CASC
1:04.45 CASCOCT Matthew Henderson,13,CASC
1:04.58 BRANTNOV Trevor Grieve,14,NYAC
1:04.70 ONANOV Tasos Roumboutsos,14,SCAR
1:04.81 RACERDEC Steven Carson,14,RACER
1:05.40 8RANTNOV Anthony Tham,14,NYAC
1:05.51 ONAANOV David Thwaits,14,MYK
1:05.77 PEPSIOCT Andrew Pienaar,13,OAK
1:05.86 BROCKOCT Trevor Boudreau,14,TRENT
1:06.08 RACEROEC John Yetman,14,AQUA
1:06.25 CNCINOV Sebastien Menard,13,CNJA
1:06.31 DCSCNOV Adam Cook,14,ATP
1:06.60 BRANTNOV Greg Miesmer,13,WAC
1:06.64 CASCOCT Joshua Pun,13,STSC
1:06.75 ONANOV Brad Hrytzay,14,CO8RA
1:06.77 ONANOV Paul Parete,14,CO8RA
1:06.80 RACERDEC Trevor Fassnidge,14,CASC
1:06.97 CNCINOV Guillaume Mecteau,13,CSQ
1:07.11 RACEROEC Jason Thompson,14,ROCSC
1:07.27 RACERDEC Peter Marshall,13,POSA

200 METRES BACKSTROKE
Rec: 2:07.48 S.Flowers,OSC,83
2:10.23 BRANTNOV Jamie White,14,LAC
2:12.57 8RANTNOV Garret Pulle,14,MAC
2:13.54 ONAANOV Drew Chorney,14,TMSC
2:13.91 RACERDEC Andrew Cho,14,HYACK
2:17.77 GOLDNOV Patrick Goral,14,CASC
2:18.00 CASCOCT Matthew Henderson,13,CASC
2:19.11 8ROCKOCT Trevor Boudreau,14,TRENT
2:19.48 ONANOV Tasos Roumboutsos,14,SCAR
2:19.48 RACERDEC Philip Weiss,13,SKSC
2:19.56 ONANOV Andrew Pienaar,14,OAK
2:20.10 BRANTNOV Anthony Tham,14,NYAC
2:20.61 ONAANOV David Thwaits,14,MYK
2:22.01 RACERDEC John Yetman,14,AQUA
2:22.24 BRANTNOV William Sutherland,13,AAC
2:22.40 ONAANOV Ming Shin,14,STARS
2:22.62 BRANTNOV Robert Petrov,14,PEPSI
2:22.77 RACERDEC Jason Thompson,14,RDCSC
2:22.92 ONANOV Mark Arzaga,14,CREST
2:22.96 TOMACOCT Darren Bakker,13,TOMAC
2:22.97 GOLONOV Steven Foley,14,MM
2:22.97 RACEROEC Trevor Fassnidge,14,CASC
2:23.16 ONANOV Scott Smith,14,GO
2:23.28 ONANOV Paul Parete,14,CO8RA
2:23.31 OCSCNOV Adam Cook,14,ATP
2:23.44 8RANTNOV Brett Preston,13,CO8RA

100 METRES BREASTSTROKE
Rec: 1:03.27 M.Mason,EPS,89
1:08.65 BRANTNOV 8rad Mori,14,MAC
1:08.80 BRANTNOV Dennis Lau,14,MAC
1:09.54 BRANTNOV Branko Suric,13,PEPSI
1:10.39 RACERDEC Travis Leyenhorst,14,VKSC
1:10.46 GOLDNOV David Freedman,14,MANTA
1:10.50 VICONOV Andrew Cho,14,HYACK
1:10.59 ONANOV Bryson Tan,13,OAK
1:10.74 RACERDEC Paul Hurwitz,14,AR8U
1:10.92 ONAANOV Erik Van Dijk,14,WISC
1:11.15 ONAANOV Peter Lennox-King,13,EYSC
1:11.23 PEPSIDEC Alex Tratch-Harvey,14,REOR
1:11.67 CASCOCT Adam MacPherson,14,CASC
1:12.06 RACERDEC Ronnie Knudsen,14,KISU
1:12.38 PEPSIOCT Jamie White,14,LAC
1:12.87 RACERDEC Craig Marshall,14,CASC
1:12.88 BRANTNOV Andrew Lamb,14,NYAC
1:12.92 ONANOV James Day,13,NEW
1:12.93 RACERDEC Rene Michalak,14,RDCSC
1:13.12 RACERDEC Steven Meredith,14,KAC
1:13.19 BBSCNOV Greg Rennie,14,PPSC
1:13.79 ONAANOV Jarrod Armstrong,14,RHAC
1:13.81 LASCNOV Gordon Vatcher,14,LASC
1:13.93 ONANOV Stephen Bauer,14,ROW
1:14.19 VICONOV Tae Hwan Park,14,PDSA
1:14.22 BRANTNOV Steve Gluck,14,UNATT

200 METRES BREASTSTROKE
Rec: 2:16.87 M.Mason,EPS,89
2:28.82 BRANTNOV Dennis Lau,14,MAC
2:31.95 RACERDEC Andrew Cho,14,HYACK
2:31.95 RACERDEC Travis Leyenhorst,14,VKSC
2:32.74 RACERDEC Paul Hurwitz,14,ARBU
2:33.06 PEPSIDEC Branko Suric,14,PEPSI
2:33.22 BRANTNOV Brad Mori,14,MAC
2:34.21 VICONOV Tae Hwan Park,14,PDSA
2:35.42 8RANTNOV Jamie White,14,LAC
2:35.64 ONAANOV Peter Lennox-King,13,EYSC
2:35.73 BRANTNOV Ryan Skomorowski,14,BRANT
2:36.09 RACERDEC Ronnie Knudsen,14,KISU
2:36.09 RACERDEC Steven Meredith,14,KAC
2:36.24 ONANOV Bryson Tan,13,OAK
2:36.31 ONAANOV Erik Van Dijk,14,WISC
2:37.19 PEPSIDEC Alex Tratch-Harvey,14,REOR
2:37.25 RACERDEC Philip Weiss,13,SKSC
2:37.29 GOLDNOV David Freedman,14,MANTA
2:37.78 ONANOV James Day,13,NEW
2:39.27 BRANTNOV Steve Gluck,14,UNATT
2:40.17 GOLDNOV Adam MacPherson,14,CASC
2:40.44 RACERDEC Craig Marshall,14,CASC
2:40.55 RACERDEC Rene Michalak,14,RDCSC
2:40.67 TOMACOCT Andrew Chan,13,YORK
2:42.42 ONANOV Andrew Jones,14,K8M
2:42.68 RACERDEC Robbie Saona,14,SKSC

100 METRES BUTTERFLY
Rec: 56.89 G.Pulle,MAC,92
56.89 8RANTNOV Garret Pulle,14,MAC
59.97 ONAANOV Drew Chorney,14,TMSC
1:00.04 BRANTNOV Dennis Lau,14,MAC
1:00.46 VICONOV Andrew Cho,14,HYACK
1:00.85 RACERDEC Philip Weiss,13,SKSC
1:01.55 RACERDEC Peter Marshall,13,PDSA
1:01.74 VICONOV Michael Calkins,13,IS
1:01.92 BRANTNOV Anthony Tham,14,NYAC
1:02.11 BROCKOCT Mark Johnson,14,CAJ
1:02.37 ONAANOV Rob Harland,14,TAT
1:02.62 ONANOV Douglas Browne,13,ROW
1:02.76 ONANOV Mark Arzaga,14,CREST
1:03.43 PEPSIDEC Andrew Munro,14,PEPSI
1:03.47 PEPSIOCT Jamie White,14,LAC
1:04.22 CASCOCT Joshua Pun,13,STSC
1:04.60 RACEROEC Matthew Henderson,13,CASC
1:04.66 ONANOV Colin Forsberg,14,GMAC
1:04.77 RACERDEC Steven Carson,14,RACER
1:04.84 ONAANOV Colin Oolcetti,13,SSMAC
1:04.99 CASCOCT Gavin Carscallen,14,CP
1:05.02 GOLDNOV Ian Guillen,14,MANTA
1:05.12 ONANOV Matt Slater,14,USC
1:05.15 RACEROEC Ronnie Knudsen,14,KISU
1:05.16 PSWOCT Tae Hwan Park,14,PDSA
1:05.28 ONANOV Chris Lim,14,COBRA

200 METRES BUTTERFLY
Rec: 2:07.44 J.Hudacin,EBSC,89
2:11.54 RACEROEC Andrew Cho,14,HYACK
2:14.48 RACERDEC Philip Weiss,13,SKSC
2:15.15 ONAANOV Drew Chorney,14,TMSC
2:16.37 ONANOV Mark Arzaga,14,CREST
2:18.09 CNCINOV Jonathan Cantin,14,PLUS
2:18.28 8RANTNOV Jamie White,14,LAC
2:19.18 ONAANOV Rob Harland,14,TAT
2:19.79 RACEROEC Steven Carson,14,RACER
2:20.58 ONANOV Colin Forsberg,14,GMAC
2:20.89 RACEROEC Peter Marshall,13,PDSA
2:22.23 8RANTNOV Ivgeny Loganov,14,CAMO
2:22.72 8ROCKOCT Mark Johnson,14,CAJ
2:23.21 RACEROEC Matthew Henderson,13,CASC
2:23.74 ONAANOV Colin Dolcetti,13,SSMAC
2:23.79 CNCINOV Marc-A. Pelletier,14,CSQ
2:23.93 GOLONOV Nathan Tricker,14,EKSC
2:24.31 BRANTNOV Douglas Browne,13,ROW
2:25.93 8RANTNOV Sylvain Leduc,14,CAMO
2:26.12 CASCOCT Joshua Pun,13,STSC
2:26.13 ONANOV Matt Slater,14,USC
2:26.89 RACEROEC Tyler Kruger,13,IS
2:26.92 VICONOV Michael Calkins,13,IS
2:27.67 ONAANOV Paul Somerville,14,TAT
2:27.72 RACEROEC Travis Leyenhorst,14,VKSC
2:28.67 BROCKOCT Trevor Boudreau,14,TRENT

200 METRES IND.MEDLEY
Rec: 2:08.56 B.Creelman,TOMAC,85
2:14.10 BRANTNOV Garret Pulle,14,MAC
2:14.67 RACERDEC Andrew Cho,14,HYACK
2:16.24 BRANTNOV Dennis Lau,14,MAC
2:18.52 BRANTNOV Jamie White,14,LAC
2:19.92 RACERDEC Steven Carson,14,RACER
2:20.00 RACERDEC Paul Hurwitz,14,AR8U
2:20.08 RACERDEC Matthew Henderson,13,CASC
2:20.71 8RANTNOV Ryan Skomorowski,14,BRANT
2:20.76 RACERDEC Philip Weiss,13,SKSC
2:21.43 ONANOV Mark Arzaga,14,CREST
2:22.14 GOLDNOV David Freedman,14,MANTA
2:22.24 PSWOCT Tae Hwan Park,14,PDSA
2:22.25 BRANTNOV Trevor Grieve,14,NYAC
2:22.80 GOLDNOV Steven Foley,14,MM
2:22.84 ONANOV Matt Slater,14,USC
2:23.28 GOLDNOV Ian Guillen,14,MANTA
2:23.66 ONANOV James Day,13,NEW
2:23.80 RACERDEC Travis Leyenhorst,14,VKSC
2:24.17 TOMACOCT Andrew Munro,14,PEPSI
2:24.17 CASCOCT Joshua Pun,13,STSC
2:24.17 VKSCNOV Ronnie Knudsen,14,KISU
2:24.88 BRANTNOV William Sutherland,13,AAC
2:25.42 ONAANOV Colin Dolcetti,13,SSMAC
2:25.69 ONAANOV Ryan Arens,14,CYPS
2:25.81 BRANTNOV 8rad Mori,14,MAC

400 METRES IND.MEDLEY
Rec: 4:25.80 A.8aumann,LUSC,79
4:40.96 RACERDEC Andrew Cho,14,HYACK
4:42.55 8RANTNOV Jamie White,14,LAC
4:49.44 RACERDEC Paul Hurwitz,14,ARBU
4:49.73 ONAANOV Drew Chorney,14,TMSC
4:53.36 RACERDEC Philip Weiss,13,SKSC
4:57.60 ONANOV Mark Arzaga,14,CREST
4:59.75 RACERDEC Steven Carson,14,RACER
5:00.80 VICONOV Tae Hwan Park,14,PDSA
5:01.10 BRANTNOV Ryan Skomorowski,14,BRANT
5:02.30 CNCINOV Jonathan Cantin,14,PLUS
5:03.48 ONANOV James Day,13,NEW
5:03.58 RACERDEC Matthew Henderson,13,CASC
5:03.78 RACERDEC Bryan Jamieson,13,PDSA
5:04.38 RACERDEC Ronnie Knudsen,14,KISU
5:06.35 BRANTNOV Trevor Grieve,15,NYAC
5:06.86 BRANTNOV Ivgeny Loganov,14,CAMO
5:07.34 GOLDNOV Ian Guillen,14,MANTA
5:08.05 8RANTNOV William Sutherland,13,AAC
5:08.26 ONAANOV Peter Lennox-King,13,EYSC
5:08.29 GOLDNOV Scott Flood,14,GOLD
5:08.94 DCSCNOV Kevin Dupuis,14,DCSC
5:09.16 ONANOV Tasos Roumboutsos,14,SCAR
5:09.18 BRANTNOV Rob Harland,14,TAT
5:09.57 ONANOV Matt Slater,14,USC
5:11.31 GOLDNOV Adam MacPherson,14,CASC

4X50 M MEDLEY RELAY
Rec: 1:51.33 Markham AC,MAC,92
1:53.04 BRANTNOV Markham AC,MAC
1:58.27 RACERDEC Cascade Swim Club,CASC
2:00.69 ONANOV City of Brampton AC,CO8RA
2:01.16 ONANOV Region of Waterloo,ROW
2:01.89 BRANTNOV North York AC,NYAC
2:02.00 BROCKOCT Oakville AC,OAK
2:02.26 LASCNOV Univ.Calgary SC,UCSC
2:02.35 RACERDEC Vernon KokaneeSC,VKSC
2:02.37 GOLDNOV Manta Aquatic Club,MANTA
2:02.45 BRANTNOV Pepsi Swimming,PEPSI
2:03.09 VICONOV Island Swimming,IS
2:03.09 RACERDEC Hyack Swim Club,HYACK
2:03.64 LASCNOV Lethbridge ASC,LASC
2:03.90 ONAANOV Richmond Hill AC,RHAC
2:04.06 GOLONOV Edmonton Keyano,EKSC
2:04.41 BRANTNOV Hamilt-Wentworth AC,HWAC
2:04.51 ONAANOV Timmins Marlins,TMSC
2:05.05 ONANOV Scarborough SC,SCAR
2:05.34 OCSCNOV Fredericton Aquanauts,FAST
2:05.44 ONANOV Newmarket SC,NEW
2:05.86 RACEROEC Pacific Oolphin SA,POSA
2:05.87 RACERDEC Red Deer Catalina SC,ROCSC
2:05.92 ONANOV Nepean Kanata,NKB
2:06.08 ONANOV Gloucester-Ottawa Kingfish,GO
2:06.27 BRANTNOV London AC,LAC

4X50 M FREE RELAY
Rec: 1:38.37 Markham AC,MAC,92
1:41.35 BRANTNOV Markham AC,MAC
1:46.14 LASCNOV Lethbridge ASC,LASC
1:46.32 ONANOV City of Brampton AC,COBRA
1:46.83 RACEROEC Cascade Swim Club,CASC
1:46.99 8RANTNOV Pepsi Swimming,PEPSI
1:48.23 ONANOV Oakville AC,OAK
1:48.41 RACERDEC Vernon KokaneeSC,VKSC
1:48.45 ONANOV Region of Waterloo,ROW
1:48.88 BRANTNOV London AC,LAC
1:49.36 BRANTNOV North York AC,NYAC
1:49.47 VICONOV Island Swimming,IS
1:49.84 BRANTNOV Hamilt-Wentworth AC,HWAC
1:49.89 LASCNOV Univ.Calgary SC,UCSC
1:49.97 OCSCNOV Antigonish+Truro+Pt.Hawk,ATP
1:50.16 8RANTNOV Windsor AC,WAC
1:50.46 ONAANOV Richmond Hill AC,RHAC
1:50.94 ONANOV Nepean Kanata,NKB
1:51.01 DCSCNOV Fredericton Aquanauts,FAST
1:51.21 RACEROEC Hyack Swim Club,HYACK
1:51.36 88FOCT Longueuil,ELITE
1:51.52 B8FOCT Beaconsfield Bluefins,88F
1:51.55 88FOCT Oollard Swim Team,ODO
1:51.88 ONAANOV Timmins Marlins,TMSC
1:51.91 RACEROEC Red Oeer Catalina SC,ROCSC
1:52.01 ONANOV Newmarket SC,NEW

TOP AGE GROUP TIMES

1993 SHORT COURSE TAG®

GIRLS 15-17

50 METRES FREESTYLE
Rec: 25.42 *K.Topham,UNATT,90*
26.20 UCSCNOV Jessica Amey,15,UCSC
26.49 UCSCNOV Shannon Shakespeare,15,MM
26.55 BRANTNOV Julie Howard,16,BRANT
26.83 PEPSIOCT Anne Blachford,16,COBRA
26.96 PEPSIDEC Carmen Kondra,17,PEPSI
27.03 BRANTNOV Joanne Malar,17,HWAC
27.11 RACERDEC Grace Wong,16,PDSA
27.30 PEPSIDEC Stephanie Richardson,15,NYAC
27.47 RACERDEC Alanaise Ferguson,17,SPART
27.51 GOLDNOV Erica Leader,15,MANTA
27.53 ONAANOV Kathryn McBurney,17,WISC
27.57 UCSCNOV Sarah Evanetz,17,PDSA
27.60 UCSCNOV Christine McEwan,15,ROD
27.62 BRANTNOV Edith Lachapelle,16,DH
27.64 PEPSIDEC Jessie Ray,16,PEPSI
27.70 RACERDEC Sabrina Kolga,15,RDCSC
27.73 HWACOCT Sarah Jay,16,BRANT
27.74 PEPSIOCT Michelle Killins,17,PEPSI
27.83 PEPSIDEC Sarah Laudenbach,15,BOSS
27.84 CNCINOV Karina Renaud,17,ELITE
27.85 PEPSIDEC Lesley Smythe,15,CVAC
27.92 ONANOV Amanda Skopec,15,SCAR
27.92 PEPSIDEC Catherine Larrivee,17,REOR
27.94 GOLDNOV Tara Fullbrandt,15,EKSC
27.98 PEPSIDEC Nicola Homenock,15,LAC

100 METRES FREESTYLE
Rec: 55.94 *A.Higson,UCSC,90*
57.74 PEPSIDEC Julie Howard,16,BRANT
57.79 UCSCNOV Shannon Shakespeare,15,MM
58.14 BRANTNOV Joanne Malar,17,HWAC
58.15 PEPSIDEC Stephanie Richardson,15,NYAC
58.32 PEPSIDEC Sarah Laudenbach,15,BOSS
58.44 UCSCNOV Jessica Amey,16,UCSC
58.49 UCSCNOV Sarah Evanetz,17,PDSA
58.80 GOLDNOV Tara Fullbrandt,15,EKSC
58.81 ONANOV Anne Blachford,15,COBRA
58.88 PEPSIDEC Carmen Kondra,17,PEPSI
59.06 BRANTNOV Lisa Virgini,16,PCSC
59.36 PEPSIDEC Alicia Hicken,17,PEPSI
59.42 ONAANOV Kathryn McBurney,17,WISC
59.58 RACERDEC Donna Wu,15,PDSA
59.68 BRANTNOV Edith Lachapelle,16,DH
59.74 UCSCNOV Christine McEwan,15,ROD
59.76 PEPSIOCT Michelle Killins,17,PEPSI
59.81 RACERDEC Grace Wong,17,PDSA
59.87 PEPSIDEC Sam Emer,16,MAC
59.97 BRANTNOV Shona Kitson,15,WAC
59.98 CAMONOV Genevieve Marier,15,CNCB
59.99 ONANOV Jennifer Button,15,ROW
1:00.12 PEPSIDEC Lesley Smythe,15,CVAC
1:00.31 RACERDEC Glencora Maughan,15,PDSA
1:00.32 UCSCNOV Cara Lachmuth,15,UCSC

200 METRES FREESTYLE
Rec: *1:58.28 P.Noall,CNMN,88*
2:02.48 PEPSIDEC Nikki Dryden,17,IS
2:03.32 PEPSIDEC Stephanie Richardson,15,NYAC
2:03.92 BRANTNOV Joanne Malar,17,HWAC
2:04.62 PEPSIDEC Julie Howard,16,BRANT
2:05.33 GOLDNOV Shannon Shakespeare,15,MM
2:05.82 BRANTNOV Holly McComb,16,PCSC
2:06.18 PEPSIDEC Sarah Laudenbach,15,BOSS
2:06.25 PEPSIDEC Alicia Hicken,17,PEPSI
2:07.34 UCSCNOV Tara Fullbrandt,16,EKSC
2:07.39 BRANTNOV Lisa Virgini,16,PCSC
2:07.85 UCSCNOV Sarah Evanetz,17,PDSA
2:07.86 BRANTNOV Sarah Jay,16,BRANT
2:08.05 PEPSIDEC Nicola Homenock,15,LAC
2:08.58 TOMACOCT Michelle Killins,17,PEPSI
2:08.82 RACERDEC Donna Wu,15,PDSA
2:08.83 BRANTNOV Barbi Brochu,16,TAT
2:09.05 PEPSIDEC Heather Bruner,16,BRANT
2:09.12 PEPSIOCT Anne Blachford,16,COBRA
2:09.26 PEPSIDEC Lesley Smythe,15,CVAC
2:09.27 PEPSIDEC Carmen Kondra,17,PEPSI
2:09.35 VICONOV Suzanne Weckend,15,IS
2:09.40 BRANTNOV Edith Lachapelle,16,DH
2:09.58 PEPSIDEC Shona Kitson,15,WAC
2:09.67 RACERDEC Grace Wong,17,PDSA
2:09.79 UCSCNOV Christine McEwan,15,ROD

400 METRES FREESTYLE
Rec: *4:09.30 J.Daigneault,PCSC,82*
4:14.10 PEPSIDEC Nikki Dryden,17,IS
4:16.46 PEPSIDEC Stephanie Richardson,15,NYAC
4:19.95 BRANTNOV Joanne Malar,17,HWAC
4:20.66 PEPSIDEC Alicia Hicken,17,PEPSI
4:24.07 ONANOV Cindy Bertelink,16,COBRA
4:24.64 PEPSIDEC Nicola Homenock,15,LAC
4:25.29 BRANTNOV Lisa Virgini,16,PCSC
4:25.48 RACERDEC Sarah Evanetz,17,PDSA
4:27.23 ONAANOV Barbi Brochu,16,TAT
4:28.00 RACERDEC Emmanuelle Schick,15,PDSA
4:28.23 PEPSIDEC Erin Adams,16,GO
4:28.27 PEPSIDEC Sarah Jay,16,BRANT
4:29.64 PEPSIDEC Susie Miller,18,ROW
4:30.13 GOLDNOV Tara Fullbrandt,15,EKSC
4:30.16 PEPSIDEC Kelly Stevens,17,PEPSI
4:30.68 BRANTNOV Anne Blachford,16,COBRA
4:31.24 ONANOV Melanie Bryon,15,USC
4:31.93 ONANOV Andrea Schwartz,15,TBT
4:32.55 UCSCNOV Cara Lachmuth,15,UCSC
4:32.60 PEPSIDEC Teresa Kuran,16,GO
4:33.51 RACERDEC Grace Wong,16,PDSA
4:33.93 GOLDNOV Shannon Shakespeare,15,MM
4:34.14 BRANTNOV Sheila Hewerdine,18,LAC
4:34.78 VICONOV Allison Barriscale,16,IS
4:34.93 PEPSIDEC Shona Kitson,15,WAC

800 METRES FREESTYLE
Rec: *8:33.89 J.Daigneault,PCSC,82*
8:37.80 PEPSIDEC Nikki Dryden,17,IS
9:08.09 ONANOV Cindy Bertelink,16,COBRA
9:08.28 PEPSIDEC Nicola Homenock,15,LAC
9:10.82 ONANOV Andrea Schwartz,15,TBT
9:11.90 PEPSIDEC Erin Adams,16,GO
9:13.79 PEPSIDEC Teresa Kuran,16,GO
9:15.63 ONAANOV Barbi Brochu,16,TAT
9:16.82 ONANOV Colleen Ray,16,GO
9:19.19 PEPSIDEC Kelly Stevens,17,PEPSI
9:21.01 GOLDNOV Tara Fullbrandt,15,EKSC
9:23.93 VICONOV Suzanne Weckend,15,IS
9:24.71 PEPSIDEC Shauna Kuiper,16,BOSS
9:25.26 UCSCNOV Rhiannon Leier,15,YLSC
9:26.03 RACERDEC Sarah Evanetz,17,PDSA
9:30.32 PEPSIDEC Melanie Bryon,15,USC
9:31.42 RACERDEC Ursula Gurney,16,RACER
9:31.86 RACERDEC Kristin Kyte,16,RACER
9:32.06 GOLDNOV Orenda Cornwell,15,ROD
9:33.35 UCSCNOV Cara Lachmuth,15,UCSC
9:33.55 PEPSIDEC Carla Morris,15,IS
9:34.43 VICONOV Kristen Taberner,16,PDSA
9:34.43 VICONOV Allison Barriscale,16,IS
9:34.71 PEPSIDEC Jenny Parwicki,17,PEPSI
9:34.98 PEPSIDEC Kendra Jackson,16,OAK
9:35.78 GOLDNOV Kelly Sommerfeld,15,GOLD

100 METRES BACKSTROKE
Rec: *1:01.65 N.Dryden,IS,92*
1:02.82 PEPSIDEC Julie Howard,16,BRANT
1:03.35 PEPSIDEC Suzanne Weckend,15,IS
1:04.34 VICONOV Nikki Dryden,17,IS
1:04.71 BRANTNOV Joanne Malar,17,HWAC
1:04.85 BRANTNOV Lisa Virgini,16,PCSC
1:04.87 UCSCNOV Jessica Amey,16,UCSC
1:04.88 PEPSIDEC Shona Baillie,17,PEPSI
1:05.02 UCSCNOV Glencora Maughan,15,PDSA
1:05.23 PEPSIDEC Lesley Smythe,15,CVAC
1:05.40 VICONOV Allison Barriscale,16,IS
1:05.67 RACERDEC Sabrina Kolga,15,RDCSC
1:05.73 PEPSIDEC Jessie Ray,16,PEPSI
1:06.03 PEPSIDEC Karla Klein,17,MAC
1:06.33 PEPSIDEC Jennifer Ramsden,15,GO
1:06.50 RACERDEC Ursula Gurney,16,RACER
1:06.60 PEPSIDEC Marcie Horton,16,MUSAC
1:06.71 PEPSIDEC Kristin Bauer,16,ROW
1:06.82 UCSCNOV Tara Fullbrandt,16,EKSC
1:06.82 RACERDEC Emmanuelle Schick,15,PDSA
1:06.90 PEPSIDEC Heather Cole,17,OAK
1:06.91 TPRRNOV Marilyn Chiang,15,TPRR
1:07.32 PEPSIDEC Teresa Kuran,16,GO
1:07.46 BRANTNOV Kimberly Kerr,15,HWAC
1:07.74 VICONOV Katrina Walters,17,PSW
1:07.74 PEPSIDEC Line Darveau-Rivard,17,REOR

200 METRES BACKSTROKE
Rec: *2:10.81 N.Dryden,IS,91*
2:13.56 PEPSIDEC Suzanne Weckend,15,IS
2:14.81 PEPSIDEC Allison Barriscale,16,IS
2:15.06 VICONOV Nikki Dryden,17,IS
2:15.44 BRANTNOV Joanne Malar,17,HWAC
2:17.14 BRANTNOV Lisa Virgini,16,PCSC
2:18.32 PEPSIDEC Julie Howard,16,BRANT
2:19.95 BRANTNOV Kimberly Kerr,15,HWAC
2:20.34 PEPSIDEC Lesley Smythe,15,CVAC
2:20.53 RACERDEC Sabrina Kolga,15,RDCSC
2:20.59 PEPSIDEC Teresa Kuran,16,GO
2:20.92 RACERDEC Ursula Gurney,16,RACER
2:21.25 PEPSIDEC Jennifer Ramsden,15,GO
2:21.73 ONANOV Andrea Schwartz,15,TBT
2:21.79 ONANOV Colleen Ray,16,GO
2:21.83 GOLDNOV Tara Fullbrandt,15,EKSC
2:22.02 RACERDEC Glencora Maughan,15,PDSA
2:22.88 PEPSIDEC Marcie Horton,16,MUSAC
2:23.15 UCSCNOV Jessica Amey,15,UCSC
2:23.28 RACERDEC Emmanuelle Schick,15,PDSA
2:24.37 GOLDNOV Chris Courtemanche,17,EKSC
2:24.41 UCSCNOV Andrea Kilam,16,LASC
2:24.79 PEPSIDEC Sarah Londry,15,LUSC
2:24.81 BRANTNOV Anne Blachford,16,COBRA
2:24.84 GOLDNOV Susan Banman,15,ROD
2:25.02 VICONOV Katrina Walters,17,PSW

100 METRES BREASTSTROKE
Rec: *1:08.26 A.Higson,EPS,89*
1:12.34 PEPSIDEC Stephanie Richardson,15,NYAC
1:13.52 UCSCNOV Dionne Dallas,17,UCSC
1:13.69 RACERDEC Jennifer Heagy,15,SPART
1:13.85 GOLDNOV Shannon Shakespeare,15,MM
1:13.96 PEPSIOCT Anne Blachford,16,COBRA
1:14.58 BRANTNOV Ellen Grams,15,AAC
1:14.94 RACERDEC Rae Abbott,15,HYACK
1:14.96 BRANTNOV Christa Schellenberg,17,PCSC
1:14.99 RACERDEC Sarah Evanetz,17,PDSA
1:15.04 RACERDEC Sabrina Kolga,15,RDCSC
1:15.09 ONANOV Kari Randall,16,GMAC
1:15.57 UCSCNOV Chris Wushke,17,UCSC
1:15.64 GOLDNOV Rhiannon Leier,15,YLSC
1:15.73 UCSCNOV Sabrina Wilson,16,EKSC
1:15.81 RACERDEC Shawna Pentland,16,VKSC
1:15.86 UCSCNOV Erin O'Grady,15,UCSC
1:15.97 UCSCNOV Sarah Matthews,16,PDSA
1:16.13 BRANTNOV Sarah Jay,16,BRANT
1:16.40 ONANOV Erica Johansson,15,OAK
1:16.47 UCSCNOV Andrea Mortin,16,ROD
1:16.58 PEPSIDEC Carolyn Gilbert,16,LAC
1:16.65 ONAANOV Jennifer Crowder,17,WISC
1:17.04 VICONOV Allison Barriscale,16,IS
1:17.12 BRANTNOV Christine Guy,15,BRANT
1:17.19 PEPSIDEC Alison Shea,15,EYSC

200 METRES BREASTSTROKE
Rec: *2:27.08 A.Ottenbrite,AAC,84*
2:35.41 RACERDEC Jennifer Heagy,15,SPART
2:37.22 UCSCNOV Rae Abbott,15,HYACK
2:37.91 PEPSIDEC Stephanie Richardson,15,NYAC
2:38.68 BRANTNOV Anne Blachford,16,COBRA
2:39.88 VICONOV Allison Barriscale,16,IS
2:39.95 ONANOV Kari Randall,16,GMAC
2:40.53 PEPSIDEC Ellen Grams,15,AAC
2:40.59 UCSCNOV Dionne Dallas,17,UCSC
2:40.96 GOLDNOV Rhiannon Leier,15,YLSC
2:41.20 RACERDEC Sabrina Kolga,15,RDCSC
2:41.20 RACERDEC Bambi Roy,16,CRKW
2:41.27 BRANTNOV Christa Schellenberg,17,PCSC
2:41.44 BRANTNOV Sarah Jay,16,BRANT
2:41.79 RACERDEC Sarah Evanetz,17,PDSA
2:41.87 GOLDNOV Shannon Shakespeare,15,MM
2:42.04 RACERDEC Sarah Matthews,16,PDSA
2:42.38 ONANOV Sarah Londry,15,LUSC
2:42.50 ONANOV Melanie Bryon,15,USC
2:42.75 HWACOCT Joanne Malar,16,HWAC
2:43.29 UCSCNOV Andrea Mortin,16,ROD
2:43.57 UCSCNOV Lisa Mensink,15,UCSC
2:44.04 PEPSIDEC Sandra McCleary,16,OAK
2:44.25 RACERDEC Shawna Pentland,16,KISU
2:44.58 UCSCNOV Sabrina Wilson,16,EKSC
2:44.73 UCSCNOV Erin O'Grady,15,UCSC

100 METRES BUTTERFLY
Rec: *1:00.45 K.Topham,EPS,91*
1:02.78 VICONOV Allison Barriscale,16,IS
1:03.33 UCSCNOV Jessica Amey,15,UCSC
1:03.72 PEPSIDEC Kelly Stevens,17,PEPSI
1:04.87 PEPSIOCT Anne Blachford,16,COBRA
1:05.07 PEPSIDEC Shona Kitson,15,WAC
1:05.20 BRANTNOV Lisa Virgini,16,PCSC
1:05.36 VICONOV Nikki Dryden,17,IS
1:05.36 PEPSIDEC Jennifer Ramsden,15,GO
1:05.49 PEPSIDEC Christine Cline,15,NEW
1:05.55 RACERDEC Jodi Hindley,15,CASC
1:05.68 UCSCNOV Chris Courtemanche,17,EKSC
1:05.69 PEPSIDEC Sam Emer,16,MAC
1:05.79 UCSCNOV Sarah Evanetz,17,PDSA
1:06.13 RACERDEC Shawna Pentland,16,VKSC
1:06.14 PEPSIDEC Jennifer Button,15,ROW
1:06.15 HWACOCT Joanne Malar,16,HWAC
1:06.17 ONAANOV Kathryn McBurney,17,WISC
1:06.50 PEPSIOCT Carolyn Gilbert,16,LAC
1:06.52 RACERDEC Lori Eshom,17,CASC
1:06.69 BRANTNOV Holly McComb,16,PCSC
1:06.69 ONAANOV Kristen Tippin,14,CYPS
1:06.72 RACERDEC Kristen Thompsett,16,KISU
1:06.74 ONANOV Colleen Ray,16,GO
1:06.80 GOLDNOV Suzie Murray,16,MM
1:06.99 ONANOV Karen Scott,16,GMAC

200 METRES BUTTERFLY
Rec: *2:10.89 M.Moore,DCSC,84*
2:17.72 VICONOV Allison Barriscale,16,IS
2:17.84 PEPSIDEC Kelly Stevens,17,PEPSI
2:19.96 PEPSIDEC Kathryn Kimber,17,GO
2:20.67 VICONOV Nikki Dryden,17,IS
2:22.02 PEPSIDEC Shona Kitson,15,WAC
2:22.46 RACERDEC Lori Eshom,17,CASC
2:22.56 ONAANOV Barbi Brochu,16,TAT
2:23.32 PEPSIDEC Erin Adams,16,GO
2:23.56 RACERDEC Jodi Hindley,15,CASC
2:23.74 PEPSIDEC Shona Baillie,17,PEPSI
2:23.97 ONANOV Cindy Bertelink,16,COBRA
2:24.20 PEPSIDEC Jennifer Yanko,17,CASC
2:24.41 PEPSIDEC Jennifer Ramsden,15,GO
2:24.76 DCSCNOV Hilary Seagrave,17,FAST
2:24.77 ONANOV Colleen Ray,16,GO
2:24.89 ONANOV Andrea Schwartz,15,TBT
2:24.93 PEPSIDEC Katie Smith,16,BTSC
2:25.84 ONANOV Jennifer Button,15,ROW
2:26.26 RACERDEC Shawna Pentland,16,VKSC
2:26.37 UCSCNOV Chris Courtemanche,17,EKSC
2:26.38 BRANTNOV Lisa Virgini,16,PCSC
2:26.49 RACERDEC Bambi Roy,16,CRKW
2:27.43 PEPSIDEC Carolyn Gilbert,17,LAC
2:27.49 VICONOV Carla Morris,15,IS
2:27.74 BRANTNOV Julie Dufour,17,ETORY

200 METRES IND.MEDLEY
Rec: *2:12.50 N.Sweetnam,LLSC,91*
2:18.11 BRANTNOV Joanne Malar,17,HWAC
2:20.24 PEPSIDEC Allison Barriscale,16,IS
2:21.24 PEPSIDEC Nikki Dryden,17,IS
2:21.58 PEPSIDEC Stephanie Richardson,15,NYAC
2:21.59 PEPSIDEC Suzanne Weckend,15,IS
2:21.64 ONANOV Anne Blachford,15,COBRA
2:21.67 BRANTNOV Julie Howard,16,BRANT
2:22.82 BRANTNOV Holly McComb,16,PCSC
2:23.61 ONAANOV Barbi Brochu,16,TAT
2:23.83 RACERDEC Sabrina Kolga,15,RDCSC
2:24.45 UCSCNOV Dionne Dallas,17,UCSC
2:24.82 PEPSIDEC Alicia Hicken,17,PEPSI
2:24.85 UCSCNOV Sarah Evanetz,17,PDSA
2:24.88 UCSCNOV Christine McEwan,15,ROD
2:24.97 ONANOV Kari Randall,16,GMAC
2:25.00 GOLDNOV Shannon Shakespeare,15,MM
2:25.32 RACERDEC Emmanuelle Schick,15,PDSA
2:25.99 RACERDEC Grace Wong,17,PDSA
2:26.13 BRANTNOV Shona Kitson,15,WAC
2:26.16 ONANOV Cindy Bertelink,16,COBRA
2:26.25 UCSCNOV Rae Abbott,15,HYACK
2:26.27 PEPSIDEC Sarah Laudenbach,15,BOSS
2:26.49 PEPSIDEC Teresa Kuran,16,GO
2:26.53 PEPSIDEC Jennifer Ramsden,15,GO
2:26.57 UCSCNOV Susan Banman,15,ROD

400 METRES IND.MEDLEY
Rec: *4:39.32 N.Sweetnam,LLSC,91*
4:50.56 BRANTNOV Joanne Malar,17,HWAC
4:53.58 PEPSIDEC Nikki Dryden,17,IS
4:56.78 PEPSIDEC Julie Howard,16,BRANT
4:57.11 PEPSIDEC Allison Barriscale,16,IS
4:58.55 RACERDEC Emmanuelle Schick,15,PDSA
5:00.89 BRANTNOV Stephanie Richardson,15,NYAC
5:01.87 RACERDEC Sabrina Kolga,15,RDCSC
5:02.57 PEPSIDEC Barbi Brochu,16,TAT
5:03.87 PEPSIDEC Tania Belisle-Leclerc,15,GO
5:04.19 BRANTNOV Carolyn Gilbert,16,LAC
5:04.53 ONANOV Kari Randall,16,GMAC
5:04.66 RACERDEC Bambi Roy,16,CRKW
5:06.26 PEPSIDEC Sarah Londry,15,LUSC
5:06.71 VICONOV Suzanne Weckend,15,IS
5:06.84 ONANOV Cindy Bertelink,16,COBRA
5:07.68 PEPSIDEC Marcie Horton,16,MUSAC
5:07.80 BRANTNOV Nicola Homenock,15,LAC
5:08.86 BRANTNOV Julie Dufour,17,ETORY
5:09.93 ONANOV Karen Jeffrey,17,GMAC
5:10.65 GOLDNOV Rhiannon Leier,15,YLSC
5:11.67 GOLDNOV Shannon Shakespeare,15,MM
5:12.25 ONANOV Andrea Schwartz,15,TBT
5:12.32 PEPSIDEC Sandra McCleary,16,OAK
5:12.59 GOLDNOV Suzie Murray,16,MM
5:13.02 ONANOV Tania Stevenson,17,GO

4X50 M MEDLEY RELAY
Rec: *1:59.56 Etobicoke Pepsi,EPS,91*
2:01.30 RACERDEC Pacific Dolphin SA,PDSA
2:02.89 ONANOV Region of Waterloo,ROW
2:04.53 GOLDNOV Manitoba Marlins,MM
2:04.94 ONANOV City of Brampton AC,COBRA
2:05.36 GOLDNOV Saskatoon Goldfins,GOLD
2:05.65 RACERDEC Cascade Swim Club,CASC
2:05.90 BRANTNOV Brantford AC,BRANT
2:06.23 VICONOV Island Swimming,IS
2:06.92 CASCOCT Univ.Calgary SC,UCSC
2:07.06 BRANTNOV North York AC,NYAC
2:07.96 GOLDNOV Saskatoon Y Lasers,YLSC
2:08.23 BRANTNOV Pepsi Swimming,PEPSI
2:08.89 ONANOV Gloucester-Ottawa Kingfish,GO
2:08.93 RACERDEC Duncan Stingrays,RAYS
2:09.51 RACERDEC Red Deer Catalina SC,RDCSC
2:09.55 ONANOV Uxbridge SC,USC
2:09.69 BROCKOCT Oakville AC,OAK
2:09.73 BRANTNOV Hamilt-Wentworth AC,HWAC
2:09.75 BRANTNOV Markham AC,MAC
2:10.07 GOLDNOV Manta Aquatic Club,MANTA
2:10.41 ONAANOV Whitby Iroquois SC,WISC
2:10.66 ONANOV Laurentian Univ.,LU
2:10.96 BROCKOCT Muskoka AC,MUSAC
2:12.12 RACERDEC Richmond Racers,RACER
2:12.60 ONAANOV Chatham Y,CYPS

4X50 M FREE RELAY
Rec: *1:46.11 Etobicoke Pepsi,EPS,90*
1:50.37 RACERDEC Pacific Dolphin SA,PDSA
1:50.91 ONANOV Region of Waterloo,ROW
1:51.91 PEPSIDEC Island Swimming,IS
1:52.44 BRANTNOV Brantford AC,BRANT
1:52.48 GOLDNOV Manitoba Marlins,MM
1:52.60 ONANOV City of Brampton AC,COBRA
1:53.57 BRANTNOV North York AC,NYAC
1:53.72 ONAANOV Whitby Iroquois SC,WISC
1:53.73 GOLDNOV Edmonton Keyano,EKSC
1:53.81 ONANOV Scarborough SC,SCAR
1:53.95 PEPSIDEC Pepsi Swimming,PEPSI
1:53.98 PEPSIDEC Oakville AC,OAK
1:54.31 CASCOCT Cascade Swim Club,CASC
1:54.37 ONANOV Gloucester-Ottawa Kingfish,GO
1:54.76 BRANTNOV Markham AC,MAC
1:54.93 RACERDEC Duncan Stingrays,RAYS
1:55.01 BRANTNOV Hamilt-Wentworth AC,HWAC
1:55.04 RACERDEC Hyack Swim Club,HYACK
1:55.07 LASCNOV Univ.Calgary SC,UCSC
1:55.27 BRANTNOV Pointe Claire SC,PCSC
1:55.28 RACERDEC Red Deer Catalina SC,RDCSC
1:55.82 LASCNOV Lethbridge ASC,LASC
1:55.84 CASCOCT Saskatoon Goldfins,GOLD
1:55.92 GOLDNOV Manta Aquatic Club,MANTA
1:56.01 ONANOV Uxbridge SC,USC

TOP AGE GROUP TIMES

1993 SHORT COURSE TAG®

BOYS 15-17

50 METRES FREESTYLE
Rec: 22.94 D.Kondziolka,TOMAC,90
23.94 BRANTNOV Kris Fisher,16,MAC
24.00 RACERDEC Robert Pettifer,15,RACER
24.05 PEPSIDEC Brad Johnson,17,BTSC
24.17 PEPSIOEC Bob Hayes,16,SCAR
24.33 RACEROEC Ryan Laurin,17,SPART
24.38 UCSCNOV Chris Renaud,16,UCSC
24.49 ONANOV Vincent Cheung,15,CREST
24.63 GOLDNOV Michael Mintenko,16,MJKFF
24.63 BRANTNOV Alex Shleifman,17,NYAC
24.65 RACERDEC Dustin Hersee,17,POSA
24.66 BRANTNOV Mischa Sommerville,16,AAC
24.74 UCSCNOV Oelano Oucheck,15,UCSC
24.76 PEPSIDEC Charles Marchand,16,REOR
24.77 RACERDEC Chris Snow,17,RDCSC
24.78 UCSCNOV Jeff Toth,16,ROO
24.80 ONANOV Sean Sepulis,15,GMAC
24.84 PEPSIDEC Todd Shivers,17,CATS
24.86 UCSCNOV Conor Braiden,17,EKSC
24.87 BRANTNOV Adam Porteous,15,MAC
24.89 GOLONOV Doug Wake,15,ROD
24.92 PEPSIDEC Chris Jones,16,TOMAC
24.93 CASCOCT Craig Keddie,17,UCSC
24.94 GOLONOV Mark Versfeld,16,EKSC
24.94 RACEROEC Andrew Reid,15,KISU
24.96 RACERDEC Nathan Harrison,17,VKSC

100 METRES FREESTYLE
Rec: 50.12 A.Baumann,LUSC,81
52.59 RACERDEC Dustin Hersee,17,PDSA
53.08 PEPSIDEC Doug Wake,15,ROO
53.21 ONANOV Bob Hayes,16,SCAR
53.26 GOLONOV Michael Mintenko,16,MJKFF
53.38 GOLONOV Jonathan McLeod,17,ROD
53.49 PEPSIOCT Owen VonRichter,17,PEPSI
53.64 UCSCNOV Robert Pettifer,15,RACER
53.98 BRANTNOV Kris Fisher,16,MAC
54.18 RACEROEC Matthew Tomasson,16,CASC
54.24 PEPSIDEC Charles Marchand,16,REOR
54.28 UCSCNOV Jeff Toth,16,ROO
54.36 UCSCNOV Oelano Oucheck,15,UCSC
54.41 CASCOCT Trevor Gillis,17,CP
54.43 BROCKOCT Brad Johnson,17,BTSC
54.47 BBFOCT Rick Pratt,16,CAC
54.61 UCSCNOV Conor Braiden,17,EKSC
54.64 VICONOV Jimmy Cho,15,HYACK
54.65 PEPSIDEC Kevin Goode,17,TRENT
54.66 PEPSIDEC Courtney James,17,TRENT
54.72 PEPSIOCT Alex Shleifman,17,NYAC
54.73 OCSCNOV Thom Giberson,17,FAST
54.74 RACERDEC Andrew Reid,15,KISU
54.77 UCSCNOV Mark Versfeld,16,EKSC
54.88 BROCKOCT Darren Murphy,17,TRENT
54.88 RACERDEC Kurt Ouchi,17,VKSC

200 METRES FREESTYLE
Rec: 1:47.83 A.Baumann,LUSC,81/E.Parenti,NSC,89
1:51.52 PEPSIDEC Owen VonRichter,17,PEPSI
1:56.02 PEPSIDEC Doug Wake,15,ROD
1:56.13 BRANTNOV Jeremy Sparrow,17,BOSS
1:56.18 ONANOV Bob Hayes,16,SCAR
1:56.50 PEPSIDEC Liam Weseloh,17,NYAC
1:56.57 PEPSIDEC Darren Murphy,17,TRENT
1:56.62 PEPSIDEC Jonathan McLeod,17,ROD
1:56.77 UCSCNOV Brett Creed,17,PDSA
1:56.85 PEPSIDEC Michael McWha,15,WAC
1:57.28 RACEROEC Dustin Hersee,17,POSA
1:57.71 ONAANOV Glendon Flint,17,TAT
1:57.85 UCSCNOV Robert Pettifer,15,RACER
1:58.13 RACERDEC Martin Zaleski,15,VKSC
1:58.25 PEPSIDEC Kevin Goode,17,TRENT
1:58.32 GOLDNOV Jamie Stevens,17,MANTA
1:58.68 BRANTNOV David Fogel,16,MAC
1:58.75 PEPSIOEC Shawn Button,17,ROW
1:58.86 RACEROEC Chris Lyon,17,RACER
1:58.89 PEPSIDEC Jeremy Stauffer,17,LAC
1:58.99 RACERDEC Matthew Tomasson,16,CASC
1:59.02 PEPSIDEC Shawn Oupuis,17,DCSC
1:59.15 PEPSIDEC Kris Fisher,16,MAC
1:59.17 PEPSIDEC Simon DeJong,15,ROO
1:59.22 PEPSIDEC Chris Jones,16,TOMAC
1:59.40 VICONOV Jimmy Cho,15,HYACK

400 METRES FREESTYLE
Rec: 3:47.65 A.Baumann,LUSC,81
3:56.03 PEPSIDEC Owen VonRichter,17,PEPSI
3:56.19 PEPSIDEC Jeremy Sparrow,17,BOSS
4:00.43 PEPSIDEC Liam Weseloh,17,NYAC
4:04.85 RACERDEC Brett Creed,17,PDSA
4:05.91 ONANOV Bob Hayes,16,SCAR
4:06.96 BROCKOCT Darren Murphy,17,TRENT
4:06.99 PEPSIDEC Jonathan McLeod,17,ROD
4:07.58 PEPSIDEC Michael McWha,15,WAC
4:08.67 UCSCNOV Jamie Stevens,17,MANTA
4:09.03 ONANOV Adam Peacey,16,GO
4:09.22 PEPSIDEC Jonathan Howard,16,OAK
4:09.68 ONAANOV Glendon Flint,17,TAT
4:09.86 RACERDEC Dustin Hersee,17,PDSA
4:10.69 RACERDEC Chris Lyon,17,RACER
4:11.48 PEPSIDEC Jeremy Stauffer,17,LAC
4:12.07 ONANOV Shawn Button,17,ROW
4:12.52 BRANTNOV Matthew Buckley,15,KBM
4:12.78 PEPSIDEC Wayne Linner,15,ROD
4:13.28 PEPSIDEC Doug Wake,15,ROD
4:13.88 UCSCNOV Robert Pettifer,15,RACER
4:13.94 PEPSIDEC Sean Steacy,16,LAC
4:14.20 PEPSIDEC Simon DeJong,15,ROD
4:14.20 PEPSIDEC Alex Kovatchev,16,TOMAC
4:14.45 PEPSIDEC Shawn Dupuis,17,DCSC
4:14.50 RACERDEC Edward Ng,17,PDSA

1500 METRES FREESTYLE
Rec: 15:08.85 A.Baumann,LUSC,81
15:36.77 PEPSIOEC Liam Weseloh,17,NYAC
15:46.86 PEPSIOEC Jeremy Sparrow,17,BOSS
15:58.33 PEPSIDEC Michael McWha,15,WAC
16:08.80 UCSCNOV Brett Creed,17,PDSA
16:15.81 GOLONOV Jamie Stevens,17,MANTA
16:18.60 PEPSIOEC Darren Murphy,17,TRENT
16:26.26 PEPSIDEC Glendon Flint,17,TAT
16:31.58 ONANOV Adam Peacey,16,GO
16:33.30 PEPSIDEC Jason Singer,15,NYAC
16:34.34 PEPSIOEC Wayne Linner,15,ROO
16:36.58 PEPSIDEC Jonathan Howard,16,OAK
16:41.12 UCSCNOV Ron Voordouw,16,UCSC
16:42.78 PEPSIDEC Simon DeJong,15,ROO
16:43.56 PEPSIDEC Sean Cargin,15,LAC
16:45.03 RACERDEC Brent Sallee,15,PDSA
16:49.77 PEPSIDEC Jon Oavis,15,TOMAC
16:56.49 PEPSIOEC Alex Kovatchev,16,TOMAC
16:58.45 UCSCNOV Kyle Greer,16,CTSC
16:59.38 PEPSIDEC Doug Wake,15,ROD
17:00.45 ONANOV Chris Churchill,15,LUSC
17:06.25 PEPSIDEC Jason Hughes,17,BOSS
17:09.08 PEPSIDEC Sean Steacy,16,LAC
17:11.64 RACEROEC Chris Lyon,17,RACER
17:11.67 RACEROEC Michael Bergstrom,16,SSC
17:12.00 DCSCNOV Shawn Oupuis,17,OCSC

100 METRES BACKSTROKE
Rec: 55.46 M.West,ROW,82
56.65 UCSCNOV Chris Renaud,15,UCSC
57.49 ONANOV Bob Hayes,16,SCAR
57.97 GOLDNOV Mark Versfeld,16,EKSC
58.24 PEPSIDEC Kris Fisher,16,MAC
58.86 UCSCNOV Russell Patrick,17,UCSC
58.93 CASCOCT Craig Keddie,17,UCSC
59.11 UCSCNOV Dustin Hersee,17,PDSA
59.30 GOLDNOV Jonathan McLeod,17,ROD
59.62 PEPSIDEC Shawn Button,17,ROW
59.88 ONANOV Michael Wasylensky,17,USC
1:00.04 RACEROEC Andrew Reid,15,KISU
1:00.11 UCSCNOV Jeff Toth,16,ROD
1:00.14 RACERDEC Kurt Ouchi,17,VKSC
1:00.27 PEPSIDEC Peter Hezky,17,WAC
1:00.50 PEPSIOEC Matthew Leaker,15,PEPSI
1:00.56 RACERDEC Jimmy Cho,16,HYACK
1:00.85 PEPSIDEC Kevin Goode,17,TRENT
1:01.00 BRANTNOV David Fogel,16,MAC
1:01.09 OHOCT Pierre Seewaldt,17,CAGRA
1:01.21 UCSCNOV Trevor Gillis,17,CP
1:01.21 PEPSIOEC Jason Ing,17,BTSC
1:01.37 PEPSIOCT Owen VonRichter,17,PEPSI
1:01.38 GOLDNOV Troy Rhoades,16,ROD
1:01.44 PEPSIDEC Jon Oavis,15,TOMAC
1:01.54 PEPSIDEC Eddie Reiter,17,OAK

200 METRES BACKSTROKE
Rec: 1:57.95 S.Goss,NYAC,84
2:02.25 UCSCNOV Chris Renaud,15,UCSC
2:02.82 UCSCNOV Mark Versfeld,16,EKSC
2:04.23 ONANOV Bob Hayes,16,SCAR
2:07.58 ONANOV Shawn Button,17,ROW
2:07.70 GOLONOV Jonathan McLeod,17,ROD
2:07.72 GOLONOV Troy Rhoades,16,ROD
2:07.75 UCSCNOV Dustin Hersee,17,POSA
2:08.30 PEPSIDEC Kris Fisher,16,MAC
2:08.56 PEPSIDEC Matthew Leaker,15,PEPSI
2:08.60 PEPSIDEC Michael Wasylensky,17,USC
2:08.80 PEPSIOEC Peter Hezky,17,WAC
2:08.81 PEPSIDEC Kevin Goode,17,TRENT
2:09.18 RACEROEC Greg Hamm,16,OELTA
2:09.25 LASCNOV Craig Keddie,17,UCSC
2:10.48 BRANTNOV Ooron Fishman,15,NYAC
2:10.83 BRANTNOV Neil Baker,15,ROW
2:11.11 PEPSIDEC Jason Ing,17,BTSC
2:11.20 PEPSIOEC Bogdan Cenanovic,16,TOMAC
2:11.50 SLNOV Jean-N. Poirier,16,SUPER
2:11.59 PEPSIDEC Geoff Ellis,15,OSHAC
2:11.76 LASCNOV Russell Patrick,16,UCSC
2:11.85 RACEROEC Edward Ng,17,PDSA
2:12.05 PEPSIDEC Oavid Fogel,16,MAC
2:12.06 RACERDEC Kurt Ouchi,17,VKSC
2:12.16 CASCOCT Bob Kariatsumari,17,UCSC

100 METRES BREASTSTROKE
Rec: 1:01.36 V.Davis,ROW,82
1:04.68 UCSCNOV Russell Patrick,17,UCSC
1:04.97 PEPSIDEC Stewart Cowan,17,EYSC
1:05.83 PEPSIDEC Vaughn Thompson,17,PEPSI
1:06.44 PEPSIDEC Adrian Costello,16,NAAC
1:07.03 RACERDEC Edward Ng,17,PDSA
1:07.05 PEPSIDEC Kevin Gordon,17,PEPSI
1:07.21 UCSCNOV Derek Desrochers,17,CASC
1:07.25 UCSCNOV Greg Anderson,17,UCSC
1:07.25 PEPSIDEC Peter Simovic,15,OAK
1:07.73 RACERDEC Brent Thompsett,15,KISU
1:07.76 UCSCNOV Jamie Stevens,17,MANTA
1:08.14 PEPSIDEC Jayme Gordon,16,PEPSI
1:08.34 BRANTNOV Avi Mednick,15,NYAC
1:08.65 PEPSIDEC Matthew Lennox-King,16,EYSC
1:08.75 ONANOV Ben Kleine,17,GO
1:08.82 PEPSIDEC Michael Arzaga,15,CREST
1:09.02 UCSCNOV Troy Witwicki,16,RBSC
1:09.04 ONANOV Vincent Cheung,15,CREST
1:09.06 GOLDNOV Ian Clark,17,ROD
1:09.09 OALDEC4 Martin Laycock,15,HTAC
1:09.19 BRANTNOV Gordon Ngan,17,NYAC
1:09.31 PEPSIDEC Craig McConkey,17,OSHAC
1:09.38 GOLDNOV Jonathan McLeod,17,ROD
1:09.52 ONANOV Curt Punchard,17,SCAR
1:09.54 UCSCNOV Jason Shaw,17,UCSC

200 METRES BREASTSTROKE
Rec: 2:11.54 V.Davis,ROW,82
2:21.17 PEPSIDEC Vaughn Thompson,17,PEPSI
2:22.60 RACERDEC Edward Ng,17,POSA
2:23.66 UCSCNOV Russell Patrick,17,UCSC
2:25.74 BRANTNOV Avi Mednick,15,NYAC
2:25.81 PEPSIOEC Peter Simovic,15,OAK
2:25.91 ONAANOV Glendon Flint,17,TAT
2:25.91 PEPSIDEC Jayme Gordon,16,PEPSI
2:26.01 PEPSIDEC Kevin Gordon,17,PEPSI
2:26.20 PEPSIOEC Adrian Costello,16,NAAC
2:26.72 GOLONOV Jamie Stevens,17,MANTA
2:26.74 RACERDEC Derek Desrochers,17,CASC
2:27.07 ONANOV Ben Kleine,17,GO
2:27.62 LASCNOV Shawn Pinder,17,LASC
2:27.73 UCSCNOV Greg Anderson,17,UCSC
2:28.30 UCSCNOV Troy Witwicki,16,RBSC
2:29.25 PEPSIDEC Craig McConkey,17,OSHAC
2:29.38 UCSCNOV Ian Clark,17,ROD
2:29.52 PEPSIOEC Andrea DiPaolo,15,PEPSI
2:30.95 OCSCNOV Mark Ritcey,16,HTAC
2:31.36 PEPSIDEC Michael Arzaga,15,CREST
2:31.91 ONAANOV Stewart Cowan,17,EYSC
2:31.92 UCSCNOV Jason Shaw,17,UCSC
2:32.02 BRANTNOV Dirk Helmstaedt,16,KBM
2:32.27 PEPSIDEC Matthew Lennox-King,16,EYSC
2:32.70 RACEROEC Brent Thompsett,15,KISU

100 METRES BUTTERFLY
Rec: 54.91 J.Finney,PCSC,92
56.93 PEPSIDEC Jonathan McLeod,17,ROD
58.26 GOLONOV Mark Versfeld,16,EKSC
58.31 PEPSIOEC Brad Johnson,17,BTSC
58.31 RACERDEC Kurt Ouchi,17,VKSC
58.37 ONANOV Sean Bartlett,17,ROW
58.42 PEPSIOEC Doug Wake,15,ROO
58.95 PEPSIOCT Owen VonRichter,17,PEPSI
59.01 RACERDEC Jimmy Cho,16,HYACK
59.46 DALDEC4 Mark Ritcey,16,HTAC
59.64 RACEROEC Andrew Reid,15,KISU
59.83 PEPSIOEC Alex Shleifman,17,NYAC
59.94 DALOEC4 Jonathan Wong,16,HTAC
59.99 LASCNOV Russell Patrick,16,UCSC
1:00.13 CASCOCT Trevor Gillis,17,CP
1:00.16 UCSCNOV Oelano Oucheck,15,UCSC
1:00.21 GOLDNOV Jamie Stevens,17,MANTA
1:00.30 UCSCNOV Jeff Toth,16,ROD
1:00.34 GOLDNOV Michael Mintenko,16,MJKFF
1:00.34 PEPSIOEC Jean-S. Mayrand,16,REOR
1:00.39 PEPSIOEC Kevin Gordon,17,PEPSI
1:00.42 PEPSIDEC David Struthers,17,TIDE
1:00.51 BRANTNOV Kalman Fekete,17,NYAC
1:00.53 RACEROEC Darryl Shannon,16,SPART
1:00.70 UCSCNOV Chris Renaud,15,UCSC
1:00.76 ONANOV Chris Nagy,17,COBRA

200 METRES BUTTERFLY
Rec: 1:58.44 V.Davis,ROW,82
2:03.93 PEPSIOEC Jonathan McLeod,17,ROD
2:04.78 PEPSIOEC Owen VonRichter,17,PEPSI
2:08.68 RACERDEC Jimmy Cho,16,HYACK
2:08.71 PEPSIDEC Sean Cargin,15,LAC
2:08.95 RACEROEC Kurt Ouchi,17,VKSC
2:09.54 UCSCNOV Jamie Stevens,17,MANTA
2:12.09 OCSCNOV Mark Ritcey,16,HTAC
2:12.38 PEPSIDEC Alex Kovatchev,16,TOMAC
2:12.57 PEPSIDEC Liam Weseloh,17,NYAC
2:12.64 PEPSIOEC David Struthers,17,TIOE
2:12.95 ONANOV Chris Churchill,15,LUSC
2:13.02 ONANOV Andrew MacOonald,16,NK8
2:13.61 RACEROEC Michael Bergstrom,16,SSC
2:14.04 PEPSIOEC Kevin Gordon,17,PEPSI
2:14.40 OCSCNOV Jonathan Wong,16,HTAC
2:14.55 GOLONOV Jeff Toth,16,ROO
2:14.96 CASCOCT Mark Versfeld,16,EKSC
2:15.25 PEPSIOEC Jean-S. Mayrand,16,REOR
2:15.48 ONANOV Ben Kleine,17,GO
2:16.03 ONANOV Sean Bartlett,17,ROW
2:16.11 RACEROEC Mark Schootman,15,POSA
2:16.16 BRANTNOV Peter Hezky,17,WAC
2:16.16 PEPSIDEC Gordon Ngan,17,NYAC
2:16.57 ONAANOV Toby Limebeer,15,NEWAC
2:16.64 CASCOCT Brian Coote,17,UCSC

200 METRES IND.MEDLEY
Rec: 1:59.35 C.Myden,UCSC,91
2:04.67 PEPSIDEC Owen VonRichter,17,PEPSI
2:05.12 UCSCNOV Russell Patrick,17,UCSC
2:06.73 PEPSIDEC Jonathan McLeod,17,ROD
2:08.36 GOLDNOV Mark Versfeld,16,EKSC
2:08.68 UCSCNOV Jamie Stevens,17,MANTA
2:10.68 RACERDEC Dustin Hersee,17,PDSA
2:10.89 PEPSIDEC Craig McConkey,17,OSHAC
2:10.94 RACERDEC Edward Ng,17,PDSA
2:11.12 PEPSIDEC Peter Hezky,17,WAC
2:11.60 PEPSIDEC Jason Ing,17,BTSC
2:11.76 RACERDEC Kurt Ouchi,17,VKSC
2:11.83 PEPSIDEC Kevin Gordon,17,PEPSI
2:12.23 ONANOV Ben Kleine,17,GO
2:12.31 PEPSIDEC Kevin Goode,17,TRENT
2:12.34 ONANOV Chris Churchill,15,LUSC
2:13.13 GOLDNOV Doug Wake,15,ROD
2:13.26 PEPSIOEC Courtney James,17,TRENT
2:13.58 UCSCNOV Troy Rhoades,16,ROD
2:14.59 ONANOV Sean Bartlett,17,ROW
2:14.59 RACERDEC Martin Zaleski,15,VKSC
2:14.62 PEPSIDEC Vaughn Thompson,17,PEPSI
2:14.90 BRANTNOV Kris Fisher,16,MAC
2:15.61 DCSCNOV Mark Ritcey,16,HTAC
2:15.65 UCSCNOV Trevor Gillis,17,CP
2:15.78 UCSCNOV Matthew Tomasson,16,CASC

400 METRES IND.MEDLEY
Rec: 4:12.67 A.Baumann,LUSC,81
4:27.01 PEPSIOEC Owen VonRichter,17,PEPSI
4:30.00 PEPSIOEC Jonathan McLeod,17,ROD
4:30.02 UCSCNOV Russell Patrick,17,UCSC
4:34.19 UCSCNOV Jamie Stevens,17,MANTA
4:35.74 PEPSIDEC Liam Weseloh,17,NYAC
4:36.09 PEPSIDEC Michael McWha,15,WAC
4:36.88 ONANOV Adam Peacey,16,GO
4:38.31 RACEROEC Edward Ng,17,PDSA
4:39.30 PEPSIOEC Craig McConkey,17,OSHAC
4:41.33 BRANTNOV Avi Mednick,15,NYAC
4:41.91 PEPSIDEC Peter Hezky,17,WAC
4:41.98 ONAANOV Glendon Flint,17,TAT
4:42.53 RACEROEC Kurt Ouchi,17,VKSC
4:44.95 RACERDEC Dustin Hersee,17,PDSA
4:45.60 PEPSIDEC Courtney James,17,TRENT
4:46.49 PEPSIOEC Jason Ing,17,BTSC
4:46.85 PEPSIOEC Alex Kovatchev,16,TOMAC
4:47.33 ONANOV Chris Churchill,15,LUSC
4:47.33 PEPSIDEC Sean Cargin,15,LAC
4:49.18 CNCINOV Sebastien Lecompte,17,ELITE
4:49.32 BRANTNOV Serge Blais,17,DH
4:49.45 UCSCNOV Doug Wake,15,ROO
4:50.91 PEPSIOEC Kevin Gordon,17,PEPSI
4:52.18 RACEROEC Stuart Hietbrink,15,HYACK
4:52.25 RACERDEC Greg Blackburn,20,PG8

4X50 M MEDLEY RELAY
Rec: 1:45.31 Univ.Calgary SC,UCSC,92
1:45.31 UCNOV21 Univ.Calgary SC,UCSC
1:50.29 BRANTNOV Markham AC,MAC
1:50.69 GOLDNOV Regina Opt.Dolphins,ROO
1:51.25 RACERDEC Cascade Swim Club,CASC
1:52.53 BRANTNOV Pepsi Swimming,PEPSI
1:52.74 RACEROEC Pacific Oolphin SA,PDSA
1:53.45 RACERDEC Vernon KokaneeSC,VKSC
1:54.64 BROCKOCT Barrie Trojans,BTSC
1:54.86 TOMACOCT Mississauga AC,TOMAC
1:55.12 DCSCNOV Antigonish+Truro+Pt.Hawk,ATP
1:55.13 ONAANOV Timmins Marlins,TMSC
1:55.24 DCSCNOV Halifax Trojans,HTAC
1:55.26 BRANTNOV Windsor AC,WAC
1:55.40 CASCOCT Edmonton Keyano,EKSC
1:55.70 BRANTNOV North York AC,NYAC
1:56.38 RACERDEC Hyack Swim Club,HYACK
1:57.08 RACEROEC Kisu Swim Club,KISU
1:57.28 BROCKOCT Oshawa AC,OSHAC
1:57.96 GOLDNOV Manta Aquatic Club,MANTA
1:58.18 BRANTNOV Brantford AC,BRANT
1:59.01 BROCKOCT Brock Niagara,BROCK
1:59.07 ONAANOV Tillsonburg AT,TAT
1:59.86 BRANTNOV Hamilt-Wentworth AC,HWAC
1:59.98 BRANTNOV York Swim Club,YORK
2:00.06 LASCNOV Edmonton Racers,RACE

4X50 M FREE RELAY
Rec: 1:34.58 Markham AC,MAC,92
1:37.42 BRANTNOV Markham AC,MAC
1:38.25 LASCNOV Univ.Calgary SC,UCSC
1:39.53 GOLONOV Regina Opt.Oolphins,ROO
1:40.90 BROCKOCT Trent Swim Club,TRENT
1:40.96 RACERDEC Cascade Swim Club,CASC
1:41.73 BRANTNOV North York AC,NYAC
1:41.86 RACEROEC Richmond Racers,RACER
1:41.94 BRANTNOV Pepsi Swimming,PEPSI
1:42.39 RACEROEC Vernon KokaneeSC,VKSC
1:42.50 BRANTNOV Pointe Claire SC,PCSC
1:42.50 DCSCNOV Halifax Trojans,HTAC
1:42.63 BRANTNOV Windsor AC,WAC
1:42.78 BRANTNOV Brantford AC,BRANT
1:43.39 BRANTNOV Mississauga AC,TOMAC
1:43.51 BRANTNOV York Swim Club,YORK
1:43.69 ONAANOV Timmins Marlins,TMSC
1:43.81 UCSCNOV Calgary Patriots,CP
1:44.12 BRANTNOV City of Brampton AC,COBRA
1:44.16 BROCKOCT Barrie Trojans,BTSC
1:44.22 RACERDEC Pacific Oolphin SA,PDSA
1:44.56 CASCOCT Edmonton Keyano,EKSC
1:44.94 BRANTNOV Burlington OSS,BOSS
1:45.40 RACERDEC Hyack Swim Club,HYACK
1:45.46 BRANTNOV London AC,LAC
1:45.54 DCSCNOV Antigonish+Truro+Pt.Hawk,ATP

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MAKING WAVES®

Amy Pawson, 14
Club: Pointe Claire Swim Club
Coach: Russ Franklin
Specialty: Backstrone
Ranks 5th for SCM93 TAG in the 200 back, 6th for 100 back

Best Times	*LCM92*	*SCM93*
100 backstroke	1:13.28	1:08.16
200 backstroke	2:37.02	2:24.69

Michelle Cruz, 12
Club: Alderwood Swim Club
Coach: Ulf Orjnhelm
Specialty: Freestyle and backstorke
Ranks first in SCM93 TAG for 50-100-200 free and 200 back

Best Times	*LCM92*	*SCM93*
50 freestyle	29.56	28.29
100 freestyle	1:03.43	1:02.29
200 freestyle	2:19.37	2:12.57
100 backstroke	1:12.77	1:10.82
200 backstroke	2:35.63	2:28.08

Kate Ingram, 12
Club: Pointe Claire Swim Club
Coach: Chantal Venne
Specialty: Butterfly
Ranks 2nd in SCM93 TAG for 100-200 fly.

Best Times	*LCM92*	*SCM93*
100 butterfly	1:08.88	1:09.99
200 butterfly	2:33.03	2:32.69
200 ind.medley	2:39.45	2:36.57
400 ind.medley	5:41.98	5:32.43

Tanya Stachiw, 13
Club: PEPSI Swimming
Coach: Chuck Meklensek
Specialty: Sprint free, fly
Ranks 5th for SCM93 TAG in the 50 free

Best Times	*LCM92*	*SCM93*
50 freestyle	28.94	27.93
100 freestyle	1:03.93	1:01.70
100 butterfly	1:11.02	1:08.13

David Schulze, 12
Club: Barrie Trojan Swim Club
Coach: Nick Rottmann
Specialty: Breaststroke
Ranks first for SCM93 TAG in 100 breast and second for the 200.

Best Times	*LCM92*	*SCM93*
50 freestyle	30.31	28.87
100 freestyle	1:06.75	1:03.87
100 breaststroke	1:17.67	1:16.16
200 breaststroke	2:45.94	2:48.12
200 ind.medley	2:36.44	2:34.22

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SPEEDO WILL SEND YOU...
FREE OF CHARGE...A "MAKING WAVES" KIT
CONSISTING OF...A SWEDISH MASTER GOGGLE AND
A "MAKING WAVES" PRINTED POOL CAP.

Jay McKechnie, 12
Club: Ernestown Barracuda Swim Club
Coach: Gord Emmerson
Specialty: Freestyle and butterfly
Ranked 2nd for SCM93 TAG in 200 fly; 6th for 100 fly and 200 IM

Best Times	*LCM92*	*SCM93*
100 freestyle	1:06.20	1:02.74
100 backstroke	1:17.53	1:11.02
100 butterfly	1:12.73	1:09.23
200 butterfly	2:49.30	2:34.05
200 ind.medley	2:46.50	2:33.01

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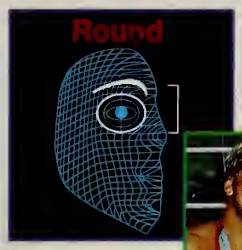

Steve Lundquist, Olympic Gold Medalist:
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Steve Lundquist and Rowdy Gaines appear with the permission of U.S. Swimming Inc

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